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February 2017

Carolina Country

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Your Touchstone Energy® Cooperative

PERIODICAL

Our new Carolina People section spotlights locals making a difference—page 30

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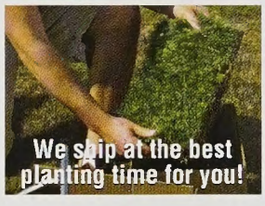

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Carolina country

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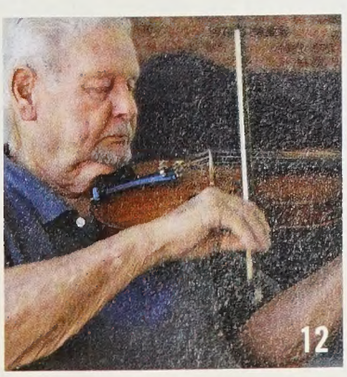
ON THE COVER
Researchers are learning about the many ways that animals can boost people's emotional and physical health. Our article begins on page 14. Photo by Laura Shachmut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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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Co-op Members Make an Impact at the Polls

By Jay Rouse

Over the last year, electric cooperatives across the country promoted a grassroots program called Co-ops Vote in an effort to encourage rural voters to vote in the 2016 election. In order for rural issues to be given a higher priority, cooperatives across America knew that the strongest signal we could send to our elected officials was to vote in higher numbers than in 2012. Our purpose was to re-engage rural voters who failed to turn out in 2012.

Well, electric co-op members across the country answered the call and turned out in force. For those of you who cast your votes this past Election Day, we thank you. Based on the 2016 vote totals and analysis by political scientists around the country, rural voters made a difference. By casting a ballot, co-op members like you made their voices heard in their communities, their states, and across the country.

> We encourage you to reach out to your elected officials and talk to them about issues of importance to you and your community.

The United States Election Project estimates roughly 60 percent of eligible voters turned out in 2016, about the same as the 2012 presidential election. Though the overall turnout remained similar to recent presidential elections, rural voters made a strong return to the polls. After an 18 percent drop in rural turnout in 2012, our resurgence was pivotal to the outcome of the election. Our strong showing, combined with lower participation among urban voters, made a significant difference in several elections across the country.

What was responsible for this change? Some say it was the candidates and their renewed efforts to appeal to often overlooked segments of the population. Some say it was the lack of attention that issues like rural economic development and rural broadband had previously received that motivated rural voters to increase their involvement. Who knows what made the most difference? What we do know is through efforts like Co-ops Vote, rural voters were making a statement that issues important to their communities need to be addressed.

Regardless of the candidates you support to represent your interests, I believe today rural voters in North Carolina and across the country must seize this opportunity to capitalize on our newfound attention. To use a farming phrase, "Let's make hay while the sun is shining!" There are many smart elected officials around the country who recognize rural folks played a major role in their election and are asking, "How do I stay in the good graces of these voters?" It is our duty to laud our elected officials when they champion our issues, and it is also our duty to give them feedback when they are balancing the interests of multiple constituencies.

We encourage you to reach out to your elected officials and talk to them about issues of importance to you and your community. As electric cooperatives, our primary focus is safe, affordable, reliable and environmentally responsible generation and distribution of electricity. But we also care deeply about issues such as education, economic development, rural broadband, and others that make such a difference in improving and sustaining rural quality of life. Together, let's continue to make our voices heard.

Jay Rouse is director of government affairs for North Carolina's Electric Cooperatives.

This Month's Issue:
Healthy Living

We're a month into 2017, and by this point it's becoming clear whether our New Year's resolutions are going to stick, or not. For those of us committed to healthier living, in this issue we're talking about a few different ways to do just that without hitting the gym every day. Enjoy, and stay healthy! —*Scott Gates, editor*

Sea Pie Origins

I enjoyed your article on Sea Pie ("Pass the Meat Pie," December 2016, page 22) and was especially interested to learn that the name came from the salt used to preserve meat pies in the eighteenth century and not from any seafood content. Having spent my childhood in French-speaking Canada I had heard of what was called "cipaille" in French (pronounced "sea pie") and had long wondered at the origin of that term for what everyone agrees is a delicious meat pie.

Now I know, and I'm especially glad to see the connection with North Carolina.

Roch Smith, Greensboro & Emerald Isle, a member of Carteret-Craven Electric Cooperative

DIGITAL EXTRAS

at carolinacountry.com

Try a hand at making your own cipaille with our recipe from Restaurant Roberto in Montreal.

(L-R) Jenny Loyd, Miss Onie, Scott Gates, Jennifer Hoey, Erin Binkley, Warren Kessler, Allen and Lindsey Taylor (Onie's brother and nephew, respectively), Tara Verna

A Visit from Miss Onie

Onie Frances Rogerson, who frequently writes to Carolina Country ("Onie's Clara Manor Family," August 2016, page 5), was kind enough to pay us a visit last month. And she brought gifts! Among other things, everyone received a little knotted string with this age-old bit of wisdom:

When you're at the end of your rope,
Tie a knot and hang on.
Don't worry — God is there to catch you,
Even if you lose your grip.

Farewell, Joyner

Many of you are as sad as we are to see Joyner go! ("Puzzle Master Charles Joyner Says 'Adieu,' January 2016, page 26.) He has received many kind words and well-wishings for a happy retirement:

I live with my mother who is 91 now. Our day starts with a trip to the mailbox to get the newspaper. Then first thing I take my cellphone and take pictures of the puzzles so I can redraw them and together we can solve them. The same thing happens once a month when the Carolina Country comes … It is important to use your mind, and I want to thank you for using ours and giving us a few minutes of joy each month. Teach someone your craft so the next generation can be using their minds also. Thank you again.

Willie Marie and Wanda Padgett

Best Wishes for the future. I've always enjoyed doing the puzzles in Joyner's Corner and will miss those. Enjoy your second retirement.

Danny Rickenbaker

This is the first year that I have gotten to enjoy Carolina Country. I especially loved the puzzles from Joyner. I hope your retirement brings you as much enjoyment as your puzzles have brought me, even though it was only one year!

Sarah Snyder

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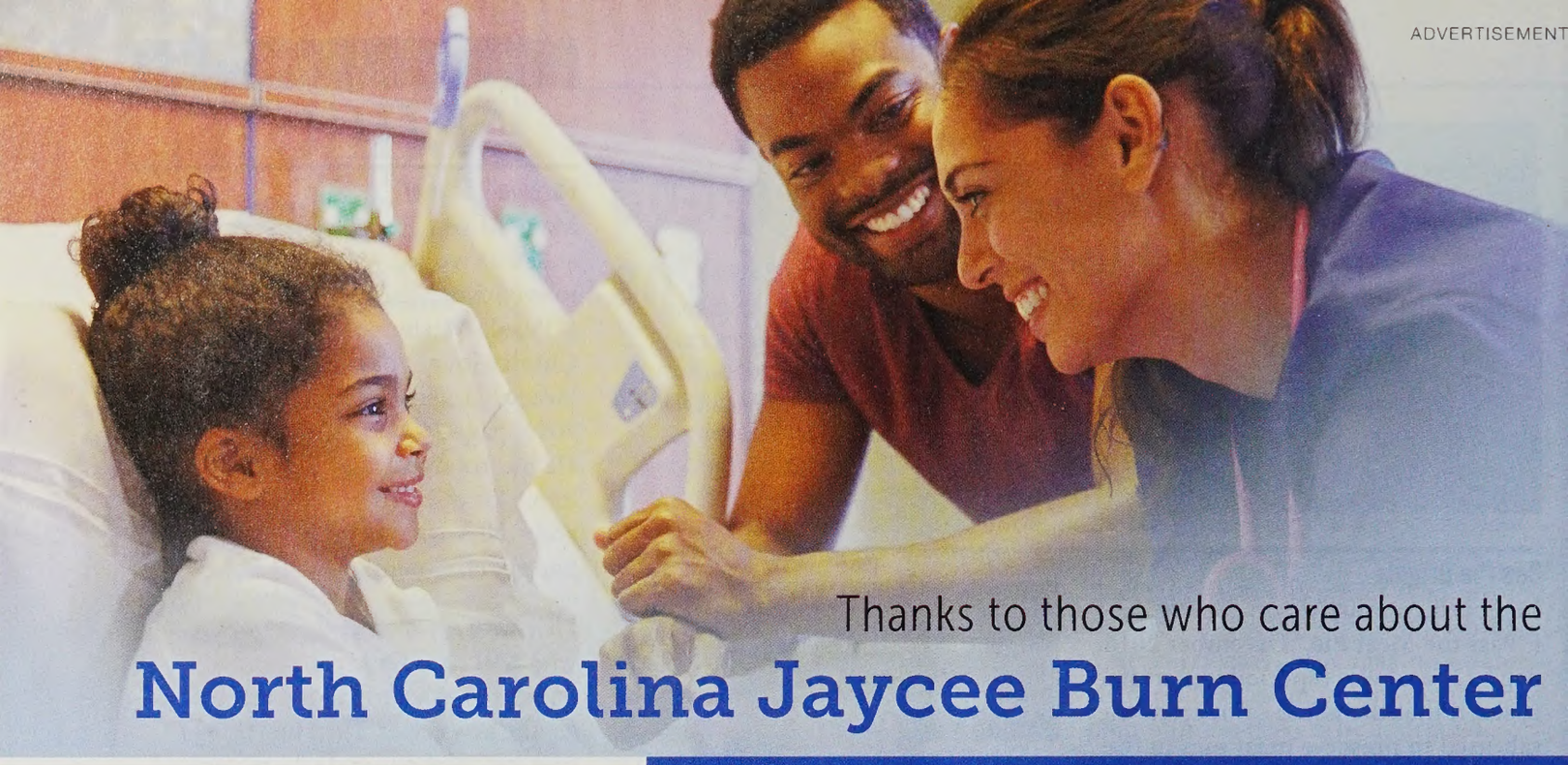

Thanks to those who care about the

North Carolina Jaycee Burn Center

North Carolina's electric cooperatives hosted their 18th annual golf tournament and fundraiser in October 2016, raising a record-breaking $152,246 for the North Carolina Jaycee Burn Center, a division of the UNC Department of Surgery. Electric cooperatives, in partnership with more than 80 organizations and individuals, have donated more than $1.6 million to the Burn Center over the years.

Beyond providing the very best in compassionate care, the Burn Center's mission extends to advancing burn prevention education and outreach, innovative treatment, research, rehabilitation and life-long aftercare. Its success has led to the Burn Center's recognition as one of the best comprehensive burn centers in the world.

North Carolina's electric cooperatives are grateful to all of the organizations and individuals who contributed to the success of this fundraiser and the Burn Center. With the help of generous donors like these, the Burn Center can continue its groundbreaking work in helping burn patients become burn survivors.

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NORTH CAROLINA JAYCEE BURN CENTER

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350 Carats of Can't-Miss

New!

The Blue Arrow necklace hits the target, giving you the casual and elegant turquoise look for ***just $49***

In frontier times, the Apache people of the Southwest were famed and feared for their incredible skill with a bow and arrow. An Apache's aim was always on point. This impressive accuracy was earned through dedicated practice, but the Apache also believe that wearing their iconic blue-green stones steadied the hand, granted a little extra luck and imbued the wearer with added confidence when pulling back the bow and releasing an arrow.

The Stauer *Blue Arrow Necklace* is equally on point and designed to deliver added confidence in any setting. This necklace offers an incredible 350 carats of that same turquoise look the Apache put their faith in. The undeniable glamour of this statement necklace comes from its rugged natural beauty, making it equally ideal for a formal affair where you want to stand out or a laid back gathering where you want to unwind.

This much blue-green beauty can be prohibitively expensive, but the Stauer *Blue Arrow Necklace,* handcrafted from genuine howlite, gives you a striking legendary blue-green stone for **ONLY $49.** We can thank Canadian gemologist Henry How for discovering howlite in 1868—this impressive stone delivers the same dramatic look of the popular desert gemstone without the dramatic price.

We're not promising that you'll suddenly start winning archery competitions, but don't be surprised if the relaxed luxury of 350 carats of the *Blue Arrow Necklace* imbues you with extra confidence.

★★★★★

"I would rate it a 5. I like the length and the colors are beautiful."

— Kay, Ardmore, OK

Only 4,999 available! These handcrafted beauties take months to create and they are flying off the shelves. Don't miss your 350 carats of can't miss. Call today!

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A Co-op Fix for Global Problems

Nobel Prize-winning economist Joseph Stiglitz compares the global economic system to a frog in a pot of slowly boiling water. The water is not hot enough to prompt the frog to escape—until it's too late.

But cooperatives represent a model that can turn down the heat, he says.

"There are alternatives to the current system," Stiglitz told a gathering of world co-op leaders at the 2016 International Summit of Cooperatives. "One of the striking aspects of cooperatives that have been studied extensively is that they represent a better way of responding to the risks that our society presents."

That's important because Stiglitz, named by Time magazine as one of the 100 most influential people in the world, believes economic, social and political inequalities will inhibit worldwide economic growth for the next 20 years.

After all, he said in citing an Oxfam report, the 62 richest people in the world hold the same amount of wealth as the poorest one-half of the world's population.

"There is clearly growing inequality and growing volatility," he said. "These are problems that the private sector won't solve, partly because the private sector created many of these problems."

Stiglitz believes co-ops can provide a voice for citizens who feel ignored.

"The ability to participate in the process is good in itself and that's what cooperatives make possible," said Jean-Yves Duclos, the Canadian social development minister. Duclos participated in a panel discussion with Stiglitz and business expert Mark Kramer.

"When people feel excluded in social and economic terms, they also often feel excluded in political terms and that can lead to very short-term as well as long-term adversarial outcomes," he added.

Kramer said he doubts that cooperatives ever will totally replace the traditional corporation structure of most Western markets.

"But I think the DNA, the lessons, the understanding that is embedded in the cooperative model does and can move into the mindsets of corporate leaders," said Kramer. "I think it's not so much that everyone becomes a cooperative but that the cooperative model begins to infiltrate and influence the thinking."

—Steven Johnson, NRECA

It's Touchstone Energy Sports Camp Season!

North Carolina's Touchstone Energy Cooperatives are awarding middle-school students full scholarships to attend basketball camp on college campuses this summer.

Young men can apply to attend the Roy Williams Basketball Camp June 17–21 at the University of North Carolina in Chapel Hill, and young women can apply to attend the Wolfpack Women's Basketball Camp June 11–14 at NC State University in Raleigh.

"I was so thrilled to get the chance to be a part of such a prestigious camp," said Rex Hardy of Wilmington, a participant in the 2015 Sports Camp. He went on to make his middle school basketball team, which had an undefeated season last year ("Viewpoints," May 2016, page 5). "I attribute part of this success to the camp I was able to attend last summer. It helped give me confidence and increase my focus on the fundamentals of the game."

Campers will stay in dorms and work with the coaches, and current and former players at the overnight camps. Students who are currently in fifth, sixth or seventh grade are eligible to apply. (NCAA rules prohibit scholarships to students who will be in ninth grade next year (currently eighth graders) as they are considered prospects.)

Statewide, more than 50 students will receive Touchstone Energy Sports Camp scholarships this year. Interested students can download scholarship applications, due March 31, 2017, at ncelectriccooperatives.com/community.

N.C. SOLAR STATS

North Carolina is a pretty sunny place, with clear skies an average of two out of three days. It turns out we're putting a lot of that sunshine to work:

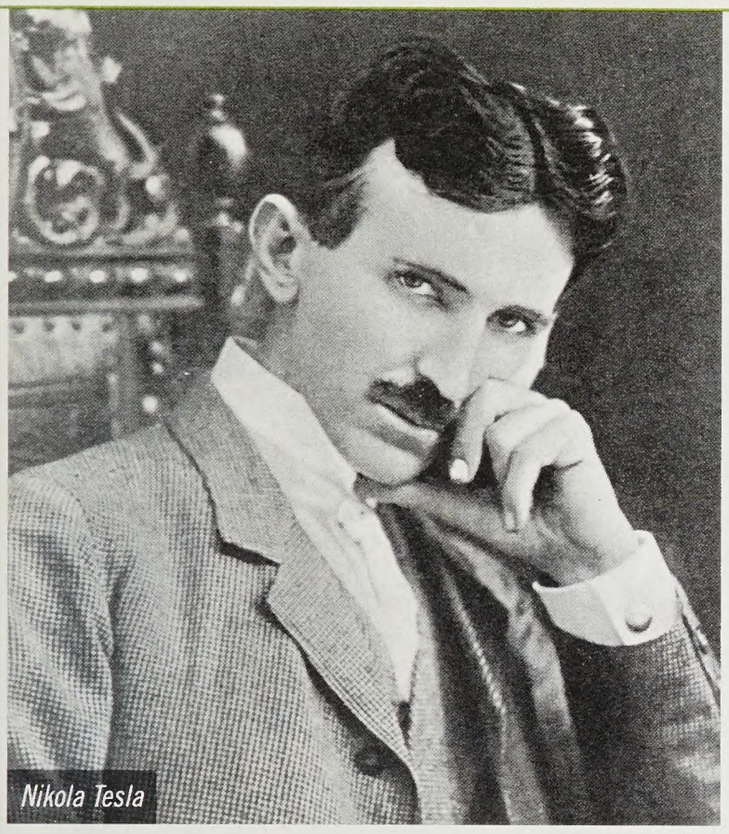
2,346 megawatts of solar power capacity has been installed in North Carolina, enough to power 260,000 homes.

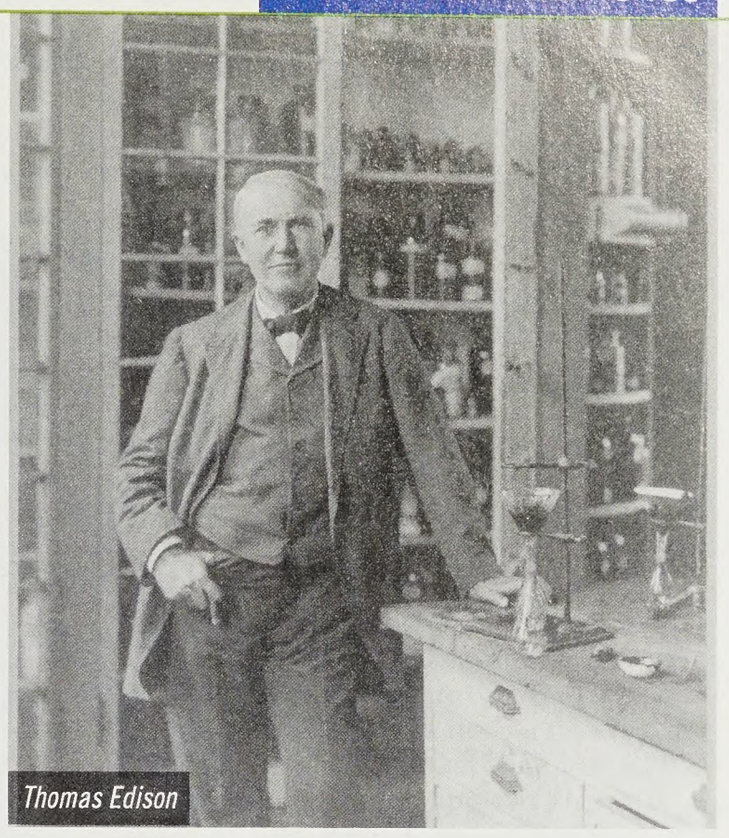
200 solar-related companies exist in the state

Total solar capacity in the state is **3rd** in the nation, behind California and Arizona

In 2015, North Carolina added **140%** more electric power with solar than it did in 2014.

Sources: National Renewable Energy Laboratory, Solar Energy Industries Association


Nikola Tesla


Thomas Edison

The AC/DC Power Struggle

And we don't mean the band

In the late 1880s, a war was being waged in the United States. It was not the Civil War, as it had ended in 1865 and hostilities with Spain would wait another decade. This "War of Currents" was between Thomas Edison and Nikola Tesla.

Edison and Tesla were both famous inventors and visionaries. Edison developed a system of delivering electricity known as direct current, or DC. DC flows in one direction and was the U.S. standard in the early days of electricity. However, DC did not allow for the increase or decrease of voltage. Nikola Tesla believed that alternating current, or AC, was the ideal method to distribute electricity to consumers because the voltage could easily be increased or decreased by using a transformer.

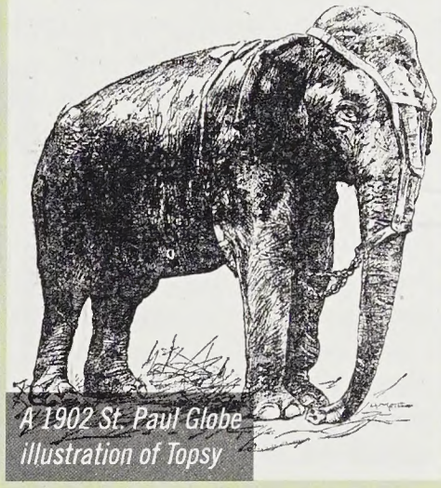
The deciding battle took place in Chicago at the 1893 World's Fair. Edison's company, General Electric, requested $554,000 to light the fair using DC. Tesla and his ally George Westinghouse bid $399,000. Tesla won the bid, and AC found its way into our lives. Afterwards, the war ended, and General Electric adopted AC. The rest is history.

However, it can be argued that direct current is making a comeback of sorts. Batteries and solid state devices, such as computers, solar panels and LED lights, all use direct current. And today, scientists are testing the idea of increased use of direct current. Using DC directly could allow power that is generated by solar panels or stored in a battery to be used more efficiently. There are a small but growing number of test sites around the country looking into this concept.

A home operating completely on DC is most likely not practical today, as most appliances do require AC. However, using a dedicated DC circuit within a home that can effectively use the power generated by solar panels could be something that is useful within the next few years. A circuit powered by solar panels serving LEDs, motors, computers or similar devices could use the power more efficiently. Keys to adoption will be cost, safety and demonstrated efficiency gains.

Electric co-ops are monitoring and researching the issue through their national trade association, the National Rural Electric Cooperative Association (NRECA). It is too early to tell what the long-term impact will be for consumers on a daily basis, but it does show that all ideas worth considering are being explored to deliver safe, reliable and efficient electricity to co-op members.

—Brian Sloboda, NRECA


A 1902 St. Paul Globe illustration of Topsy

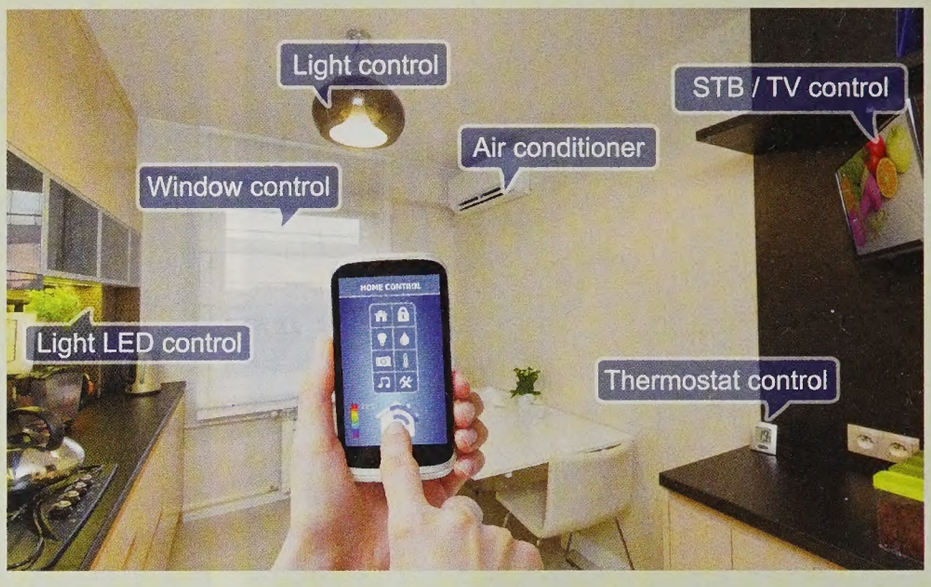
Myth: Urban legend tells the story of Topsy the elephant, electrocuted in a public display by Thomas Edison during an attempt to show how unsafe Tesla's AC was.
Fact: Poor Topsy was electrocuted a decade after the AC/DC debate was decided, and there is no evidence that Thomas Edison was involved. It was a serious case of animal cruelty, but not a part of the War of Currents.

Try This!

Phone Home

Smartphones can control a growing number of gadgets

By Brian Sloboda



Today's world offers smartphone apps for anything and everything. Some apps let you chase imaginary Pokémon around parking lots, while others allow you to control your vast financial empire with merely a few clicks, swipes and shakes.

It should be no surprise that a growing number of household appliances are app-enabled. Most of the apps exist to make your life more convenient (assuming keeping your eyes glued to a small screen is your definition of convenience). But some of these apps can actually help you save energy and make your home more comfortable.

Manufacturers are now adding communication modules inside home appliances. For around $130, you can purchase a Crock-Pot® that will communicate with your smartphone. If you are late coming home, you can adjust the heat setting and achieve the perfect pot roast.

Some companies are selling electrical outlets that include communication modules. These modules often use Wi-Fi to communicate simple messages to a home's wireless network. What the messages are will vary from device to device. Typically, the system will allow you to monitor energy consumption, turn devices on and off and change the setting on your thermostat.

The bulk of any energy savings will come from the ability to remotely control your HVAC system's thermostat.

Apps associated with Wi-Fi controllable thermostats are often easier to use. Thermostats from companies such as Nest, Honeywell and Ecobee allow you to adjust your home's temperature from your phone. This comes in handy when you forget to turn the air conditioner off while on vacation, or when you want to heat your living space before returning home. These thermostats are also capable of learning your schedule and can provide energy savings by turning the systems back when no one is home. Studies have shown these smart thermostats tend to perform as advertised.

App-enabled appliances won't be right for every homeowner. It depends on a variety of factors, and many questions should be answered before going down this road:

1. What are my goals? Do I want home security, energy savings or just the latest app technology?
2. Do I have broadband internet in my home? Many of these systems require a broadband internet connection to work properly.
3. What appliances and devices in my home do I want to control? Thermostat, doors, lighting, refrigerator, cooking appliances?
4. Can I afford the additional cost, and is it worth it to me?
5. What appliances need replacing and does an app really make sense for that appliance? One appliance manufacturer says consumers can preheat the oven from their phone while driving home. But it does drive up the price — will you really use this feature?
6. Who owns the data collected from your appliances, and how will they use it?

So far, none of these smart appliances will cook dinner with the mere push of a button, but the devices do allow you to see what is going on at home, who is home and even turn lights and air conditioning on and off. For some, these gadgets and apps are cool and worth the additional expense. For others, it's just one more piece of technology that can break or go unused while trying to rush kids off to baseball practice.

To learn more about app-enabled appliances and how to save energy, contact the energy experts at your local electric co-op.

Brian Sloboda is a technical research analyst specializing in energy efficiency and renewable energy for the Business Technology Strategies (BTS), a service of the Arlington, Va.-based National Rural Electric Cooperative Association.

For more ways your smartphone can help you save energy, see Energy Sense on page 36.

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A Cat and a Fiddle

Story and photo by Charles Canady

My father, Ronald Canady, with his oft-played violin.

My father had a habit of launching into a story or joke whenever the time wasn't right, leading me to divert my eyes to the floor in search of a hole to swallow me, sparing me from shame. "What does a bucktooth cow say?" he asked anybody that would listen. "Mooooth." He would laugh, having tickled himself until he was red-faced and coughing from a chronic case of bronchitis. Another one of his favorite lines: "That's why you never see a dead crow in the road, they're always looking out for each other by yelling, 'Ka, Ka.'"

But time, like a merry-go-round, has a funny way of bringing us full circle, and I've grown to appreciate the stories that are passed down father to son. As a teenager, I loathed these stories; as a father of three, I crave them to share with my children.

One day, while listening to my father play his violin on my front porch, I asked him to recall the time Mom brought home a possessed cat.

"Oh yeah," he said as he pulled the violin down into his lap. "Your mother always did like to bring in stray animals. One day she let in this little striped tabby cat. He walked around the house with his tail sticking straight up. His eyes were what I like to call mattered up, they were swollen pink and puffy, and he had a steady discharge coming from his nose we couldn't get to stop no matter what we did. He refused to eat, or even drink milk. You know something is seriously wrong with a cat when they refuse to drink milk."

"That afternoon when we gathered around the table for dinner and prayed I finished our prayer with, 'in Jesus' name.' When I said the name of Jesus, that cat bowed up and hissed. I said it again, 'Jesus.' That fool cat went berserk and jumped up onto our curtains pulling them down. I said, 'I know what's wrong with this cat, this cat has a demon!'"

My father sent my older brother and I to our bedroom and rolled up a towel and placed it in the gap between the door and floor. He then scooped up Nancy, our black and tan dachshund, in his arms and carried her to the back bedroom shoving a towel underneath its door. This was so nothing could get in or out.

"I was going to cast the devil out of that cat and I didn't want it going into you or Nancy. You never know what they're going to do; the Bible talks about them entering pigs as well."

Then he went back to the living room to deal with the cat. He laid hold of the animal and began to pray for the cat. Again, the cat went wild and lept from my father's hands.

"I went and opened the front and back doors to our home so that it was the only way out, and I said, 'I don't know who you are, or how you got in here, but you come out of that cat in the name of Jesus and get out of my house.' The cat jumped, screamed, and suddenly went limp, collapsing on the floor as if dead. I thought I killed it; he didn't look like he was breathing. After lying still for a moment, the cat suddenly jumped up and made a beeline to that saucer of milk in the corner. That cat was starving. The next day the animal was completely well. His eyes were clear and back to normal and the discharge from his nose was gone. Two days later and just like that, the cat ran away, and we never saw it again."

Dad placed the violin back up against his cheek and slid the bow against its strings, jumping into the chorus of one of his favorite hymns. I sat back reminiscing about that cat and realized stories can be instructional as well as entertaining. Ever since that possessed cat episode, I always lean into the ear of every cat I meet, so I can whisper the name Jesus.

Charles Canady is an artist, writer and poet from Fayetteville. His father, Ronald Canady, worked for South River EMC for more than 40 years before his retirement in 2002.

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Healthy Companions

Research is shedding light on health benefits animals provide

By A.D. Lively

A prison yard may be the last place you'd expect to see a dog running, playing and learning the ropes of obedience. But at Pamlico Correctional Institution in Bayboro, this scene is the norm: Through the "New Leash on Life" (NLOL) program, inmates are assigned as dog trainers and tasked with rehabilitating shelter dogs who need a second chance.

"They're given dogs that are broken, and they fix them," says Jackie Schmidt, president of the Pamlico Animal Welfare Society (PAWS), which provides dogs for the program. "In the process, they're fixing themselves."

Sandra Trest, a correctional housing unit manager at the prison, has seen the dogs have a calming effect on those inmates serving as trainers, as well as the general population as a whole.

"If they're not eating or sleeping, they're with these dogs," says Trest, who has coordinated the NLOL program since it came to the prison five years ago. "And it benefits other inmates because they haven't been around or seen dogs — some for 20 or more years. We place the dogs with trainers in what was our noisiest pod. Since the dogs have been there, it's a lot quieter."

To the 56 percent of American households that include pets, the "calming effect" Trest has noticed is likely familiar. The majority of pet owners (63.2 percent) consider their companion animals to be family members, according to the American Veterinary Medical Association's most recent U.S. Pet Ownership and Demographics Sourcebook, and many believe that their pets can help improve their physical and mental health. Is this possible?

In some cases, yes, according to researchers like Philip Tedeschi, executive director of the Institute for HumanAnimal Connection and clinical professor at the University of Denver Graduate School of Social Work.

"Animals are a very critical part of people's lives—part of their support systems and some of the most reliable and relevant and valued relationships that people have," Tedeschi says. Experts agree these relationships can, in turn, often have a positive impact on physical and mental health.

Supportive relationships

One area researchers are exploring is the concept of bio-affiliation, or the recognition that we learn about our own well-being by looking at other living things around us.

"If you were standing next to a bunch of people, and all of a sudden they all startled and ran away, you would probably think about doing the same thing, right?" Tedeschi says.

Contact with other healthy, living systems can also help us assess our situations and relax, and allow our physiology to respond in kind.

"For example, we can put a resting therapy dog right alongside the body of a traumatized child, and have that child use that animal's heart rate and respiration to match their own," says Tedeschi, adding that this process allows the child to recalibrate his or her own physiology and slow down acute stress reactions.

This is particularly significant since the longer the brain of a trauma patient feels unsafe, the less positive their outcome may be. "So the quicker we can be in moving somebody to a sense of feeling safe, and a sense of well-being, the fewer symptoms we have over the long term," Tedeschi says.

Leading the way in terms of research about bioaffiliation and other human-animal connection questions is work with the therapeutic use of animals for patients with conditions like autism and posttraumatic stress disorder (PTSD).

Patients with autism spectrum disorders can sometimes have trouble functioning in traditional settings, says Tedeschi, who has collaborated with celebrated autism and animal behavior expert Temple Grandin. Animals communicate using everything except spoken or written words. Many individuals on the autism spectrum are able to use these nonverbal forms of communication to have really successful connections with animals.

"Animals provide fantastic opportunities for working with these individuals," Tedeschi says.

Another example of where pet-based interventions are becoming useful is with the military veteran population returning home from extensive deployments in Iraq and Afghanistan. It is estimated that there are now about a half million U.S. service members who potentially are experiencing PTSD and similar traumatic brain injuries. One of the outcomes of PTSD is that many individuals retreat and avoid social connections.

Pets have the power to bring families closer through generations of loving relationships.

"So when somebody doesn't trust a human being, in many cases animals are an alternative safe and supportive relationship," Tedeschi says. "This allows them to begin to utilize their brain in a capacity consistent with healthy relationships, and to begin to recover, to retrain the traumatized brain to be able to function in everyday life."

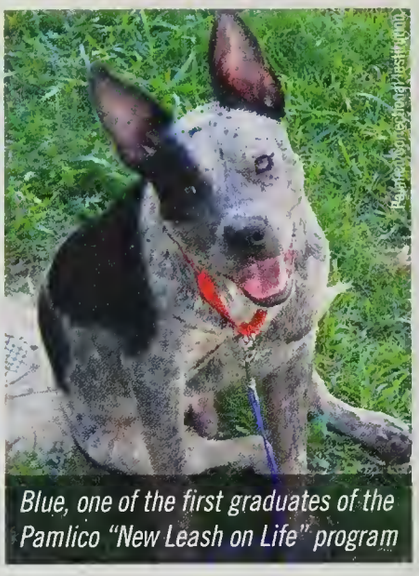
A number of specific populations are also prone to becoming socially isolate—for example, older adults who are losing their friend and spouses. In many cases, pets can become very effective social support systems.

"Social isolation is one of the most dangerous conditions that we treat," Tedeschi says, emphasizing it has the same overall impact on health as if they smoked a pack of cigarettes a day. "It shortens people's lives on multiple, different levels, creating these psychological or emotional circumstances where somebody begins to have other kinds of problems," he says.

For the many millions of adults who are lonely and lacking social connections, as well as for the millions of homeless animals that are euthanized each year, this may seem like a win-win. But experts emphasize that there also has to be a good fit, both between human and animal and within the larger (and often changing) situational context.

Dr. Lee Blecher, who practices family medicine with a concentration in women's health in Fairfax, Virginia, has seen the positive side of living with pets for many of his patients, noting that they can provide emotional comfort when the patient is ill and companionship when someone loses a family member. But he also observed the downside of a bad match or a changing situation, particularly for those who do not have family members to provide backup support.

"Patients develop emotional concerns when they get ill and can't take care of their pets," says Blecher. "And sometimes, economically, they can't afford the veterinary expenses."



Blue, one of the first graduates of the Pamlico "New Leash on Life" program

It is important for pet owners to have a plan in place for the care of their pets, Blecher says, adding that he has one savvy patient who has even written animal care plans into a will.

Surprising health benefits

The primary cause of death in the U.S. is cardiovascular disease (CVD), so studies indicating that pet ownership can improve CVD symptoms and indicators like lipid (fat) profiles, stress response, and, yes, even blood pressure, have been greeted with interest by the health-care community. After critically reviewing the literature, the American Heart Association (AHA) published a Scientific Statement on Pet Ownership and Cardiovascular Risk in 2013 that concluded that pet ownership, particularly dog ownership, is probably associated with decreased CVD risk and may even have a causal role in reducing it.

One possible cause of this positive impact is the increased physical activity usually seen on the part of dog owners.

"We all have patients whose only exercise is that they have to get up to walk the dog three times a day," Blecher says.

The same AHA statement cautioned, however, that while getting a pet might be a "reasonable" recommendation in some cases, "pet adoption, rescue or purchase should not be done for the primary purpose of reducing CVD risk." That's in part because not all situations are the same.

"Individual variation in people, animals and different contexts likely all matter. And so far, it seems as though the quality of the relationship matters," says Meagan Mueller, Ph.D., a research assistant professor at Tufts University Cummings School of Veterinary Medicine and associate director of the Tufts Institute for Human-Animal Interaction. "A positive, mutually beneficial relationship with a pet is probably going to be associated with more positive outcomes."

Patients are usually aware of the possible physical downsides of living with pets, Blecher explains. They know that pregnant woman shouldn't handle cat litter, for example, because of the risk of birth defects from toxoplasmosis, and they know that animal bites and scratches should be treated immediately to prevent infection. They also know that sniffling, sneezing and other allergic responses to pets can create misery for sensitive household members.

But other health benefits of sharing a home with a companion animal, however, are often overlooked, or in many cases are just now coming to light. For example, while some pets may act as allergens, investigators are learning that pediatric exposure to animals might actually prevent allergies later in life.

"Kids exposed to pets early on in life have fewer allergies and pulmonary disorders like asthma. It ends up being a beneficial thing. It primes the immune system. It's similar to the concept of immunotherapy, or allergy shots," Blecher says, citing two recently published Swedish studies.

The truth about cats

Much of the research surrounding the benefits of pet ownership focuses on dogs, but where do our favorite feline companions fit in the mix?

It's something of a myth that cats are less trainable than dogs, Tedeschi says. They can be trained through positive reinforcement, "often in the very same ways that dogs can be trained—but we have different expectations for them."

Cats can, in fact, learn to participate in our lives much like other companion animals can be trained to do—if you are committed to it, he advises. "You have to be consistent. And most cat owners aren't," Tedeschi says. "Most cat owners have a funny, almost roommate-like relationship with their cats, where they love each other but they have habits that drive each other crazy."

There are programs incorporating cats that teach them to walk on leashes, play games, do obstacle courses, fetch things, and interact with and respond to people in helpful ways, Tedeschi explains. Cats also offer tremendous opportunities for people with minimal space, or minimal access to the outdoors—for example, someone who is housebound or unable to leave home frequently.

And one clinical intervention for PTSD teaches people experiencing hypervigilance to observe their own animals: A role perfect for cats. Cats are fantastic for this, according to Tedeschi, because they are very sensitive to their environments. This allows somebody to form a second opinion about whether there's an actual risk or not and begin to regain control of their own startle reflexes.

Making connections

Understanding the different types of people and pets that could help each other most is an area where we need more research in human-animal interaction, according to Mueller. One of the major unanswered questions is determining under what circumstances pet ownership is beneficial.

At Pamlico Correctional Institution, those benefits are clear, and the relationships between inmates and dogs are clicking.

"A lot of these guys have no self-worth – there are no 'warm fuzzies' allowed in a prison," PAWS' Schmidt explains. "But now they have an animal they can love. I've seen a lot of them turn their lives around."

A.D. Lively is an Arkansas-based writer specializing in health and wellness.

Scott Gates contributed to this article.

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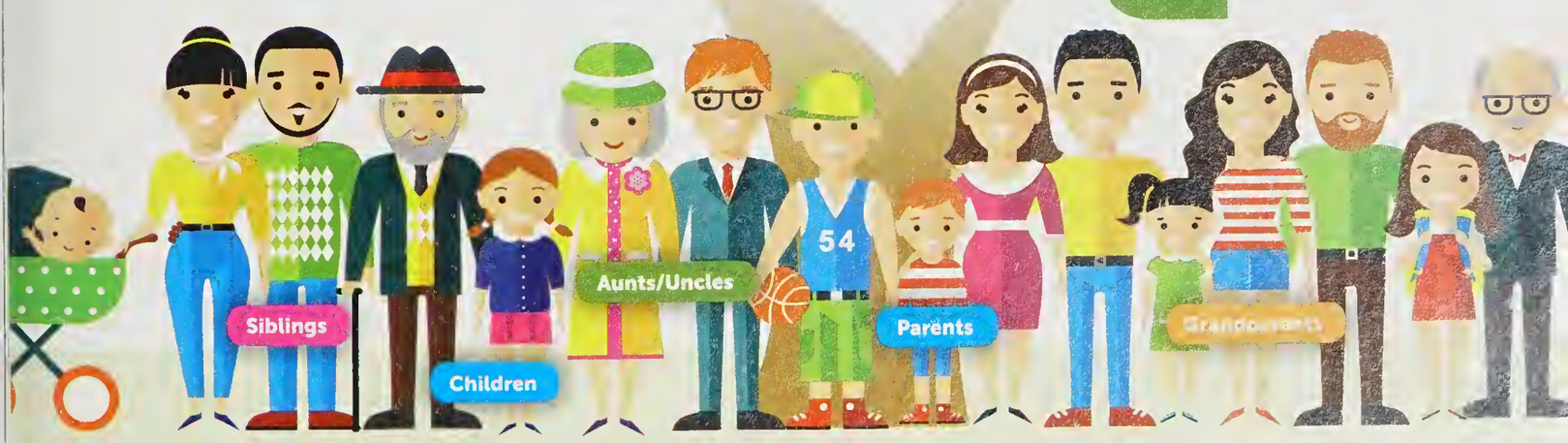

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SOURCES
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CDC. "Gather and Share Your Family Health History."
World Health Federation "Family History"
CDC "Family History and High Blood Pressure"
American Cancer Society: "What are the risks for breast cancer?"

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Four Sports You've Likely Never Heard of

Test your skills with these unusual sports being played in N.C.

By Craig Distl

A popular trend in recreation sports these days is to take an old activity and put a new spin on it.

Throughout North Carolina, people are playing golf with soccer balls and Frisbee-like discs. They're spinning those same discs across goal lines in a non-contact version of football. They're even morphing tennis and badminton into a sport named for a preserved vegetable.

For those of you busy focusing on other things, you might be surprised by the growing popularity of these four trendy versions of traditional American sporting endeavors.

Craig Distl is a Belmont-based freelance writer and proud native of North Carolina.

Disc golf

The sport of disc golf dates to 1960s California when a man named George Sappenfield envisioned a new activity. As recreation supervisor for the city of Thousand Oaks, Sappenfield created a sport in which kid used the ubiquitous flying discs known as Frisbees to hit a series of targets in the fewest number of throws.

The simplicity of the sport took hold and evolved over the years into disc golf. Nowadays, the "holes" are round wire chain baskets attached to poles and discs are manufactured in a variety of sizes and weights. Serious competitors use multiple discs when they play courses which, like golf layouts, generally have nine or 18 holes.

It's hard to know for sure, but there are probably close to 100 disc gol courses in North Carolina ranging from Wilmington and Williamston down east to Cullowhee and Fontana Village out west. Folks play on Go Island in the middle of the South Fork River near Cramerton and ride the chairlift to a disc course on the ski slopes of Beech Mountain.

And as for that California dude who invented the game way back when? He's now North Carolina's own Dr. George Sappenfield, vice president of corporate & continuing education at Surry Community College in Dobson

Learn to play: Professional Disc Golf Association at pdga.com

Footgolf

Another variation of golf is footgolf, where people use their feet to boot soccer balls into enlarged holes that are 21 inches in diameter. Footgolf's origins are fuzzy, but the first official rules and tournament can be traced to 2009 in the Netherlands. The United States Footgolf Association was founded in 2014.

In North Carolina, most footgolf courses are located on traditional golf courses. Greens are set up along the edges of regular fairways. One of the more well-known courses to embrace footgolf is Keith Hills Golf Club in Buies Creek. The club, owned by Campbell University, has an 18-hole course on nine holes of the regular golf course. It takes about two hours to play 18 holes, about the same length of time it takes to play nine holes of traditional golf.

"They make a tee time just like regular golfers," says Zach Stuart, a golf shop assistant at Keith Hills. "It's just something different for folks to enjoy. We have a lot of families who come out and do it. A lot of the students from the university play as well."

Learn to play: American Footgolf League at footgolf.us

Pickleball

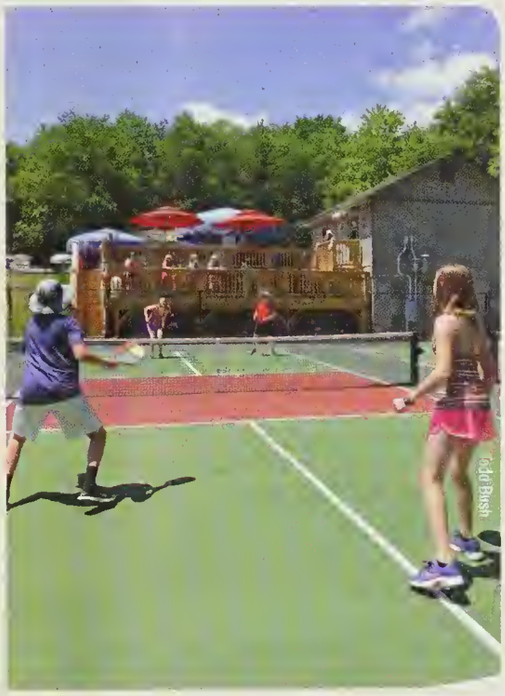
Like disc golf, pickleball's beginnings can be traced to the West Coast in the 1960s, but its popularity surged in the new millennium. According to the USA Pickleball Association, there were 39 places to play in North American in 2003. By 2016, that number jumped to 4,000.

Pickleball combines elements of tennis and badminton on a much smaller court than traditional tennis courts. Players use solid wooden paddles and a perforated ball similar to a Whiffle ball.

One North Carolina pickleball hot spot is the Beech Mountain Club in the mile-high town of Beech Mountain. A club member encountered the sport in Florida in 2012 and convinced the club to give it a try. A temporary court was constructed in 2013 before the club built a state-of-the-art pickleball facility with three courts in 2014. It proved so popular that two more courts will open this May.

"Pickleball is a game that can be played and enjoyed by anyone of any skill level. And we have found that it is one of the most 'social' sports we've ever seen," says the club's assistant general manager Matt La Vigne. "The response in the first few years has definitely exceeded expectations."

Learn to play: USA Pickleball Association at usapa.org



Ultimate

Another social game taking hold in the state is ultimate. This non-contact sport is played with discs and incorporates many concepts of football. Seven-person teams compete on 70-yard fields with end zones. Teams score when they get the disc into the other team's end zone by completing a series of passes. An incomplete pass or interception results in a change of possession.

There are a variety of ways to participate in ultimate, from casual pick-up games among friends to social leagues available in larger urban areas. And if fierce competition is the ultimate goal, Triangle-based North Carolina Ultimate conducts championships for high school teams, college teams and club squads.

Learn to play: USA Ultimate at usaultimate.org

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Men's Health: Make a Game Plan

Three ways men can lead a healthier life

Generally speaking, men don't have the best track record when it comes to taking care of themselves. It's safe to say we all know someone who is just plain stubborn about going to the doctor. Even if they exhibit clear symptoms that should be checked out, say wheezing, chronic fatigue (or worse), it can be a challenge to get them to seek medical help.

Thirty-one percent of men wait until they feel extremely sick before seeing a doctor, according to a 2016 survey conducted by Harris Poll on behalf of the American Academy of Family Physicians (AAFP). And 21 percent say they have no reason to go to a doctor when feeling healthy. Men have also reported not being tuned into their health and not feeling comfortable sharing health concerns.

Of course, some men actively participate to improve their health. In fact, as a whole, men have been taking better care of themselves, according to the study. Although the study's results for men's health in 2016 are mixed, they lean slightly more positively than negatively. For example, 52 percent of men reported exercising or working regularly, compared to 38 percent of men in 2007.

While encouraging, there's plenty of room for improvement. By keeping these three points in mind, you can help yourself, or a loved one, lead a longer, healthier life.

Seeing a doctor regularly can prevent health concerns from becoming major problems.

Early detection and prevention

Early detection of diseases and taking preventive care to avoid them are very important steps for a guy's health game plan.

In studies, men often report they feel too busy to go to a doctor. But an hour at the doctor's office can help a man live years longer. The value of a family physician is that they perform routine checkups and immunizations and can determine a timeline for important initial and ongoing screenings. They can also treat chronic illnesses such as high blood pressure, asthma, arthritis and depression.

Step away from the screen

In its 2016 survey, the AAFP found that men spend, on average, about 20 hours each week working at a computer and 19 hours in front of a television. Men should balance inactivity with exercise and active hobbies that can reduce stress and improve their physical and mental health.

Develop a relationship with a family physician

If men develop ongoing relationships with their family physicians, their perception of good health is more likely to become reality, according to Wanda Filer, AAFP president and a practicing family physician.

As the name implies, a family physician not only treats the whole person, but the whole family. The physician has a real advantage in knowing and treating a man's other family members in that he or she gains insight into factors in a man's home that might affect his health.

—Brandpoint

To learn more about the 2007 and 2016 surveys, visit aafp.org/menshealth. For more information about men's health, visit familydoctor.org.

Exercising with Pets

A four-legged buddy can help keep you healthy

By A. D. Lively

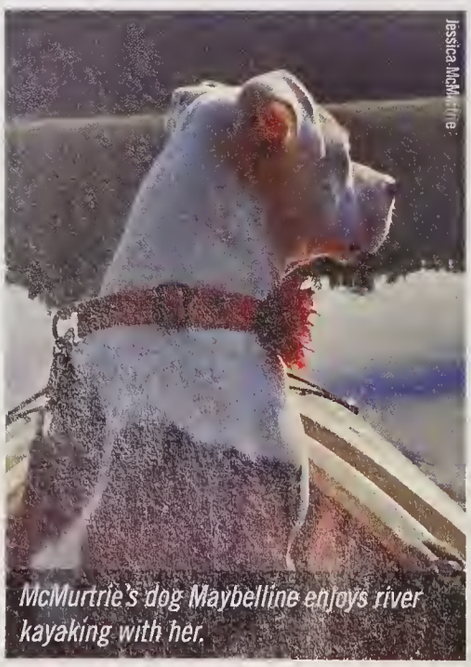
Researchers have long known that exercise is beneficial to human health, but they are increasingly recognizing that healthy physical interactions with animals boosts people's physical and mental health.

"Engaging in physical activity with your pet improves human health, it improves optimism—it changes the brain structure," says Philip Tedeschi, a clinical professor and human-animal interaction specialist at the University of Denver in Colorado.

It releases oxytocin into the brain, Tedeschi said, which in turn can improve optimism and increase interaction and feelings of connection. "It causes people to be more empathic or more warm and trusting," he explains.

Jessica McMurtrie, an academic administrator and fiddle player, credits her dogs with motivating her to get outdoors. McMurtrie and her dogs Maybelline and Buster exercise together daily, whether they are in a city park, exploring nature at the family cabin in Lost River, West Virginia, or headed out on an adventure to a new location.

"They definitely make me more active since we walk, hike and kayak together," says McMurtrie, who lives in Baltimore. She also notes their psychological benefits, saying her dogs "keep her sane" and make her happy every day.



Jessica McMurtrie

McMurtrie's dog Maybelline enjoys river kayaking with her.

Freeimages.com / Dora Hanrath

Strolling with canine companions can be relaxing and stimulating at the same time.

Many people prefer to exercise outdoors with their pets by engaging in traditional activities like hiking, running, cycling or dog games like "fetch." However, the number of indoor and specialty options for co-exercising with your pet is rapidly growing.

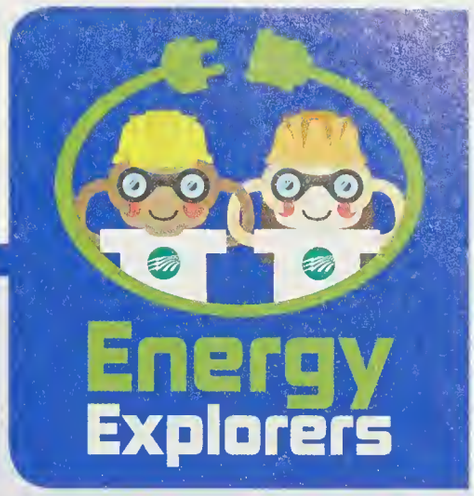
Specialty classes like doga (yoga for and with your dog) and canine-friendly boot camps, obstacle courses and cross-training workouts are becoming increasingly available around the country through companies like Leash Your Fitness in San Diego and Go Fetch Run in San Antonio and New York. Most are in metropolitan areas, but those in rural areas can find books and DVDs on the subject.

For many people, electronic activity trackers like Fitbit are currently shaping daily fitness routines. This trend is also being reflected in pet fitness, with pet owners outfitting their four-legged workout friends with gadgets like Fitbark, which syncs with a smartphone or computer, or the Whistle, which offers built-in Wi-Fi. For the fashion-conscious owner, there's even Wonderwoof, an activity tracker disguised as a dapper doggie bow tie.

If you want to enjoy exercising with a pet without owning one, contact animal shelters near you. These organizations often need volunteers to help take dogs on walks or runs, and you can help socialize a potentially adoptable pet at the same time.

A.D. Lively is an Arkansas-based writer specializing in health and wellness.

Energy Sources Activity



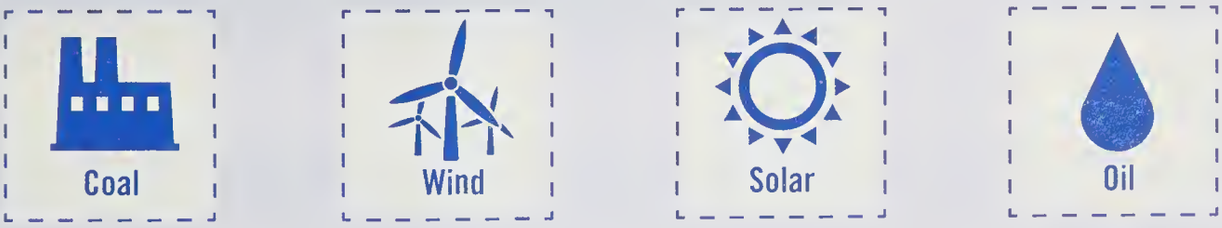
Did you know Americans use electricity that is generated from different fuel sources? Some fuel sources are renewable, meaning they harness natural energy from the Earth's resources, and some are non-renewable, meaning they use fossil fuels.

Do you know which energy sources are renewable and non-renewable? Use safety scissors to cut out the images below and place them in the correct row. Use the answer key to check your work.

Renewable Sources

Non-Renewable Sources

Answers: Renewable Sources: Hydro, Wind, Biomass, Solar | Non-renewable Sources: Natural Gas, Nuclear, Coal, Oil



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Change Up Your Chili

Duck: It's what's for dinner

Chili is a winter classic, and it's easy to customize with your favorite flavor combinations. Whether you prefer it spicy or mild, with or without beans, you can develop your own signature style.

For chili connoisseurs, ground beef is usually the go-to meat, but try a new take on an old favorite by adding ground duck to your chili for something creative. Duck has the robust, red-meat texture of beef but with the lean nutritional benefits of other poultry. Plus, it's versatile and complements a variety of dishes.

Try substituting duck in your favorite version of chili, or try this recipe. Like many chili recipes, this one tastes even better the next day, making it a great dish to make ahead of time and reheat when needed. Find other duck recipes at mapleleaffarms.com.

Spice up your routine with this hearty dish.

Duck Chili

- 2 tablespoons rendered duck fat, divided (or vegetable oil)
- 2 pounds ground duck
- 1 teaspoon salt, plus additional, to taste
- Pepper, to taste
- 3 tablespoons ground cumin, divided
- 1 large red onion, chopped
- 4 garlic cloves, minced
- 2 jalapeño peppers, minced (remove seeds to reduce heat, if desired)
- 2 red bell peppers, cored and chopped
- 3 tablespoons chili powder
- 1 tablespoon dried oregano
- 1 teaspoon cayenne pepper
- 24 ounces dark beer (or non-alcoholic beer)
- 2 cups chicken stock
- 6 ounces tomato paste
- 28 ounces canned tomatoes
- 24 ounces canned great northern beans, drained
- 8 ounces canned whole kernel corn, drained
- Hot sauce, to taste
- Sour cream (optional)
- Shredded cheese (optional)
- Chopped scallions (optional)
- Fresh cilantro, rough chopped (optional)

In a large pot over medium-high heat, heat 1 tablespoon duck fat. Add ground duck; sprinkle with salt and pepper, to taste, and 1 tablespoon cumin.

Cook meat until just slightly browned, stirring occasionally to break into small pieces. Remove duck from pot and set aside.

Return pot to medium-high burner and add remaining duck fat. Add onion, garlic, jalapeños and red peppers to pot and sauté 3 minutes, stirring so garlic doesn't burn. Stir in chili powder, oregano, cayenne pepper, 1 teaspoon salt and remaining cumin. Sauté 2 minutes, stirring frequently. Add beer and stock to pot. Stir, scraping up bits from bottom of pot. Add tomato paste and mix well. Add tomatoes and duck, then bring to boil. Reduce heat and simmer, covered, 1 hour.

Stir in beans, corn and hot sauce. Cook uncovered 30 minutes, or until chili is thick.

Serve in bowls with optional toppings: sour cream, cheese, scallions and cilantro.

—FamilyFeatures.com

Finding duck near you

North Carolina Farm Fresh's website allows you to select a region or county and a food from its long menu of products, including duck. Go to ncfarmfresh.com/farms.asp to see farms near you that sell duck.

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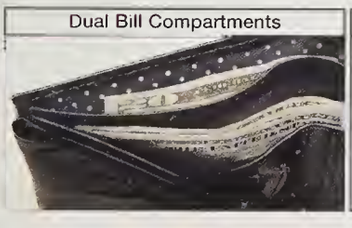

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North Carolina's love affair with Chocolate

By Leah Chester-Davis

Vern Ryalls, of Black Mountain Chocolate, showcases a delectable box of chocolates.

When it comes to foods we love, chocolate tops the list. Its value extends back centuries to nearly 1,900 years ago, and it continues to delight and surprise. And good news: When the cocoa content is 70 percent or greater, chocolate has tremendous health benefits. Dark chocolate is packed with antioxidants, flavonoids and flavanols that contribute to heart health, according to the Cleveland Clinic. No wonder it's the perfect gift for Valentine's Day.

With a number of North Carolina "bean to bar" chocolate makers garnering prestigious accolades, pleasant discoveries are in store for chocolate lovers statewide.

Take it from one of the state's chocolate makers, Rom Still of Brasstown Chocolates, who hears from customers on why they think chocolate makes the perfect gift.

"The first is the indulgent, decadent flavor. Price is another. It's not that expensive," he says. "It is very personal and is not gender or age specific. It is a good value and most people like it."

Danielle Centeno, of Escazu Chocolates in Raleigh, which was part of the first wave of craft chocolate makers in the Southeast, gets to the heart of chocolate's popularity. "Chocolate makes everyone happy," she says.

With Valentine's Day sending chocolate sales into orbit to the tune of nearly $400 million, buying from one of North Carolina's artisan chocolatiers helps keep some of that money in our local communities. Several have won top honors in national and international competitions. Some offer factory tours, which make for a fun outing. It's the perfect chance to learn more about this popular confection and to sample artisan creations close to home.

> "All you need is love. But a little chocolate now and then doesn't hurt."
>
> —Charles M. Schulz

In Raleigh, **Escazú Artisan Chocolates (936 N. Blount Street)**, got its start when head chocolate maker Hallot Parson was inspired by a 2005 trip to Costa Rica. Parson visited an organic cacao farm and was inspired to learn more. He began a trial and error process, making small batches in Beaufort. In 2007, Escazu moved to Raleigh, adding partners and a retail shop. Parson serves as head chocolate maker, which means he takes the raw beans and makes chocolate. Danielle Centeno is the head chocolatier who takes the chocolate and adds the artistic touch to make truffles and other confections.

Escazú sources cacao from Costa Rica, Venezuela and Peru, and they visit each regularly. Parson notes that meeting cacao growers, developing relationships and tending to those relationships helps ensure the quality is good. Their Peruvian beans resulted in chocolate that garnered a Good Food Award last year. Both Parson and Centeno have worked as chefs and draw on that expertise.

"We are constantly innovating new flavors," Parson says. "You could come in week after week and there will always be something a little bit different."

Escazú artisan and handcrafted award-winning chocolate can be purchased in the Raleigh shop or the online store. escazuchocolates.com

Videri Chocolate Factory (327 W. Davie Street, "Sweet" 100) is located in the historic Raleigh Depot building in Raleigh. Founded by husband-wife team, Sam Ratto and Starr Sink Ratto, and friend Chris Heavener, Videri also starts with the bean from cacao plantations in Central and South America, seeking out fair-trade and organic when possible. Videri also offers chocolate tours, a fun outing for a couple or family. Ask for a taste of their best-seller, the 70 percent Classic Dark chocolate bar, and try some of the other flavors such as Sea Salt and Pink Peppercorn. If you want to bake your own chocolate creations for a sweetheart, Videri sells Baker's Chocolate in bulk by the pound. A box of chocolates is always welcome, but Videri and some of the other shops help you go over the top with six- and

12-month chocolate subscriptions. viderichocolatefactory.com

Brasstown Fine Artisan Chocolate (1151 Canal Drive) in Winston-Salem is a small shop that is reaping big honors these days in International Chocolate Awards (seven awards in 2016) and Good Food Awards competitions. Located in an old mill known as West End Mill Works, a selection of chocolate is available.

Owners Rom Still and Barbara Price purchase beans from a supplier that buys from farmers. Still attributes his award-winning chocolate to two factors: good quality beans and the roasting process. He depends on a supplier who buys beans directly from farmers to properly dry and ferment the beans. The rest is up to him, and it starts with the roasting process, which he says is a trade secret.

"Roasting—the temperature and how long—is something I've spent tons of time on," he says. "Our roasting techniques bring out the full flavor of the beans. We experiment frequently to achieve unique flavor experiences for our audience." brasstownchocolate.com

Nearby is **Black Mountain Chocolate (732 North Trade Street)**, in the renovated Big Winston Tobacco Warehouse, which offers tours of its chocolate factory for a behind-the-scenes peek at how they take the beans and turn them into delectable bars and other confections. Visitors get to see the large pods that hold the cacao beans along with learning a little history about chocolate. After the beans are roasted, visitors get a chance to rub the outside husk from a bean and taste the roasted chocolate inside. At this stage in the process, the beans are broken into nibs. They are placed in a machine along with sugar that grinds and breaks down the beans down further, turning the chocolate into liquid rivers of scrumptious flavor. The chocolate is poured into molds to shape the bars. blackmountainchocolate.com

French Broad Chocolates is a favored name in Asheville and has been a destination for locals and visitors alike since its opening in 2008. Its **French Broad Chocolate Lounge (10 S. Pack Square)** is a delectable stop on Valentine's or any other day.

"Chocolate has traditionally held a special place in our society as a way to share love," says co-founder Dan Rattigan.

Many chocolate and other confection options abound along with a selection of wines, local beers, tea, coffee and espresso. Dan and his wife Jael have also opened **Chocolate + Milk**, a chocolate boutique, and **French Broad Chocolate Factory and Tasting Room.**

The two honed their knowledge of all things chocolate after buying and living on an abandoned cacao farm in Costa Rica a couple of years before moving to Asheville. They source from small producers and cooperatives in Costa Rica, Nicaragua, Peru and Guatemala. frenchbroadchocolates.com

With several other local chocolate shops around the state, you're sure to find the perfect treat for your Valentine without traveling too far.

Leah Chester-Davis loves exploring North Carolina from her home in Davidson. Her business (chester-davis.com) specializes in food, farm, and lifestyle brands and organizations.

Nicole DeCarlo

Leah Chester-Davis

***Top:** Danielle Centeno of Escazú Artisan Chocolates; **Bottom:** Rom Still of Brasstown Fine Artisan Chocolate*

Other popular chocolate shops

- The Chocolate Fetish, 36 Haywood Street, Asheville
- Fudge Factory, 400 Front Street, Beaufort
- Chocolate Smiles, 312 West Chatham, Cary
- Twenty Degrees Chocolate (located within Petit Philippe), 2820 Selwyn Avenue, Charlotte
- The Secret Chocolatier, 2935 Providence Road; 11318 N. Community House Road, Charlotte
- Bar Cocoa, 201 E. Trade Street, Charlotte
- Potts Chocolate (makes own chocolate from cacao beans for truffles and other confections), 619 S. Cedar Street, Charlotte
- Chocolatier Barrucand, 1 Union St. South, Concord
- Davidson Chocolate Company, 610 Jetton Street, Suite 150, Davidson
- Dillsboro Chocolate Factory, 28 Church Street, Dillsboro
- Matthew's Chocolates, 107 N. Churton Street, Hillsborough

Nicole DeCarlo

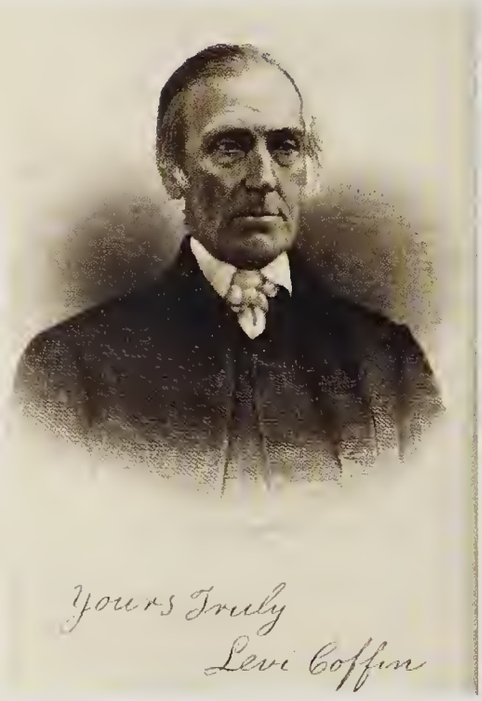
Escazú Artisan Chocolates in Raleigh falls into the "bean to bar" category.

Bean to Bar

A growing trend in the world of chocolate is the bean to bar category. Several artisan chocolate makers in the state purchase cacao beans from cooperatives in Latin and South America and Africa. They roast the beans and see them through the entire process, each adding their own signature touches.

Conductor of the Underground Railroad

On October 28, 1798, Levi Coffin, the famous anti-slavery leader and reputed "conductor" of the Underground Railroad, was born in the Guilford County Quaker community of New Garden.



Coffin hosted bible readings at his school.

He joined the Quakers of New Garden in 1818, and began a Sunday school in the schoolhouse adjoining the meeting house. With his cousin, Vestal Coffin, he began a school for slaves, teaching them about Christianity and hosting Bible readings. Slave owners forbade their slaves to attend, and within a few years Coffin moved to Newport, Indiana.

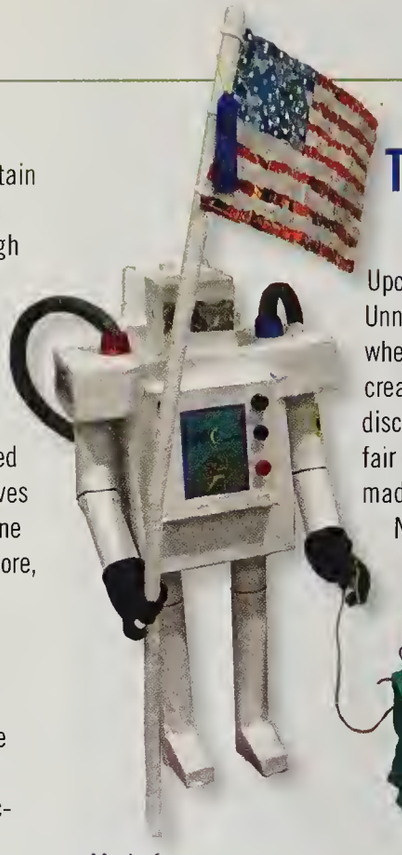
Newport, now known as Fountain City, was along a route of the Underground Railroad, through which slaves escaping to freedom passed. Coffin and his wife made their house a station to shelter runaways and provide safe passage into Canada. The couple ended up helping roughly 2,000 slaves escape to safety, with each one reaching freedom. To learn more, visit bit.ly/levicoffin

Related Resources

- **Edenton** and **Halifax** are among the North Carolina towns with historic connections to the Underground Railroad. Visit bit.ly/AAHalifax, and visitedenton.com (click on "Maritime Underground Railroad" and "The Life of Harriet Jacobs").
- **Mendenhall Plantation** in Jamestown has one of two existing false-bottom wagons used to transport runaway slaves. 336-454-3819 or mendenhallplantation.org
- **Dismal Swamp State Park** near South Mills served as shelter for many runaway slaves seeking freedom. Some stayed only briefly to rest before finding passage north. Others created "maroon colonies" on areas of higher ground and lived out the rest of their lives there. Researchers believe the Dismal Swamp may have been home to the largest maroon colony on record. 252-771-6593 or ncparks.gov/dismal-swamp-state-park

Years ago, the Dismal Swamp sheltered runaway slaves. Today, the state park there offers visitors 20 miles of trails beyond its 2,000-foot boardwalk.

Trash = Treasures at This Fair



Made from newspaper, buttons and more

Upcycle your imagination and visit the Unnatural Resources Fair in Greenville, where you can marvel at hundreds of creative, useful items made from normally discarded materials. This entertaining fair displays imaginative contest entries made by youths and adults in eastern North Carolina, ages 5 and up. Fair admission is free.

Competition categories include toys, art, science, sports, home use, tools and working robots. The fair is set for Friday through Sunday, Feb. 3–5, at the Convention Center.

While there, you can browse books, CDs, videos and more at The Sheppard Memorial Library Book Sale, held on the same dates.

Southern belles were created from spotlight bulb

For more about the annual fair and its host, The Unnatural Resources Institute: unnaturalresources.com or jponder@unnaturalresources.org.

Library sale: 252-329-4885 or uptowngreenville.com

tar heel **lessons**

a guide to NC for teachers and students

Love is all Around!

Part of a series that includes the 50 states, this book for ages 4 and up explores how love shows itself in many ways. Readers will find love is at parks and stadiums and on buses, trains and planes. It's also in the way a father helps his child with homework each night or a young girl tucks in her bear. The book is sprinkled with brief references to sites in North Carolina, such as when a fireman in Mooresville rescues a cat, or when a policeman in Raleigh helps change a flat. Written by Wendi Silvano; illustrated by Joanna Czernichowska. Hardback, $12.99, 32 pages. sourcebooks.com

Beginner's Gardening Project

Growing seedlings in an egg carton is an easy beginner's gardening project for kids. It works for many plants, including herbs, tomatoes, bell peppers, lettuce and cucumbers.

Supplies

- Cardboard egg carton
- Potting soil
- Seeds
- Spray bottle
- Scissors
- Garden trowel

Instructions

Cut an egg carton in half. Add potting soil to the six egg cups. Poke a hole in the soil in the center of each cup, and place one seed in each hole. Cover with soil. Spray the soil with water. Keep the carton in a warm, light-filled location, and water your seeds every day!

Once the seeds have sprouted into small seedlings, transfer them to a larger container or plant them outside. Check instructions on the seed packets to find out when the plant can be moved outdoors. (Find your climate zone at garden.org/nga/zipzone.)

Transferring: Make sure the egg carton is very wet. Separate each of the egg carton cups, and plant them—cups and all! (BTW: The cardboard cups will decompose.)

Want to see the project in action? A PBS video will walk you through it at carolinacountry.com.

Do You Know...

on June 24, 1749, James Davis printed the first official publication for the N.C. colony at its official press in New Bern.

Although printers had been active in some colonies for more than 100 years, N.C. delayed buying a press. The provincial government liked to control information distribution and feared challenges to its authority. The colony couldn't finance a press and farmed out printing work to presses in other states.

Complaints by Royal Governor Gabriel Johnston in 1736 prompted the Assembly to begin the process of hiring a printer and acquiring a press. In 1747, Johnston appointed James Davis to the position of public printer. He held the job for 33 years and printed at least 100 titles. His first task was likely the printing of currency.

The colony's first official publication was the "Journal of the House of Burgesses of the Province of North Carolina." Colonial printers used a wooden printing press, and a good, stout pressman could turn out 250 impressions in an hour.

N.C. Museum of History

10 dollar bill printed by Davis

It's the widest!

Spanning 560 miles east to west, North Carolina is the widest state east of the Mississippi.

'Snow' Much Fun!

OK, so you know about snowboarding, but have you heard of snow tubing?

Similar to sledding, you whiz down snowy slopes on top of an inner tube (sometimes called a donut or biscuit).

North Carolina ski resorts, including Sugar Mountain and Beech Mountain, offer tubing areas, and there are many parks devoted to snowtubing, such as Jonas Ridge in Newland. Hawksnest in Seven Devils boasts the biggest snow tubing park on the East Coast. It offers at least 20 lanes that span from 400 to 1,000 feet long. 828-963-6561 or hawksnest-resort.com

Kristian Jackson

Bringing Missions Home

By Sandra Miller

Impact Yadkin participants put in a week of hard work for homeowners in need. Inset: Hauser (right) with a volunteer

In Yadkin County, teacher and pastor Chris Hauser is steadily working to fill both the spiritual and physical needs of those in his community.

For many, he's literally been the answer to their prayers. For a growing number of kids—influenced in a positive way by his example—he's a hero.

Hauser graduated from Forbush High School and pursued an accounting degree from UNC-Greensboro, but a calling to reach out to hurting people eventually took him to Southeastern Baptist Theological Seminary in Wake Forest, where he got his Master's degree in Divinity. That led to his current roles as associate and youth pastor at South Oak Ridge Baptist Church, as well as a substitute teacher at Forbush High.

Hauser has participated in mission projects throughout the U.S. and Canada, but it was during a trip to Huntington, West Virginia, where he first visualized what has become "Impact Yadkin." Hauser witnessed small churches rallying together to address their community's needs, and he realized that meeting people's spiritual needs alone was not always enough. People often needed compassion demonstrated toward their physical needs as well.

So in 2009, Hauser collaborated with some friends to organize "Magnify Ministries," an effort to reach out to Yadkin homeowners who needed, but were unable to provide, minor repairs such as roofing, painting, landscaping and building handicap ramps to make their homes more accessible. Two years later, the ministry became a non-profit 501(c)(3). "Impact Yadkin" was created and launched that summer, putting 400 volunteers to work, most being local youth. With the supervision of adult skilled workers, they completed 55 home repairs, with minimal or no expense to the homeowners.

"I witness the students being affected more than the homeowners," Hauser says. "They learn hard work, compassion, service and a desire to better their community."

NC State sophomore Morgan Hobson reflects on how he observed Hauser's (known as "Hooz" to most students) integrity during the process of handling difficult situations—a priceless picture tucked in the mind of a student.

"Hooz changed my life," Hobson says. "I don't think he gets enough credit for the things he's done for people like me." One project Hobson worked on during his time with Impact Yadkin was a deck and ramp for a lady who lived alone. "I did a lot of stuff I'd never done before and that helped me, but the best part for me was reading on the faces how appreciative they were for the work. Sometimes they just needed somebody to talk to."

By 2015, "Impact" had grown to 1,200 volunteers, mostly students taking a week during the summer to live, work and grow together. Chaperoned by experienced volunteers, crews were able to take on 80 projects, from repairs to making homes handicap accessible. Close to $100,000 worth of lumber was discounted by local businesses and purchased for around $60,000.

Homeowners John and Frankie Fletcher were recipients of one project, a wheelchair ramp.

"The entire experience was a blessing," John says. "The young people took turns coming in to talk to us and they told us about themselves and their faith." He adds that they even shared their lunch with them and "left us with a very-much-needed ramp that has been in use every day since."

For a young person to be involved, the age requirement is 7th grade through college and they have to raise a $200 donation to the organization. Not to leave the younger kids out, Hauser has started "Party in the Park." Each morning during the week of Impact, K–6th graders gather at the nearest park from 9 a.m. until noon to learn biblical lessons and have fun. Hauser emphasizes the importance of the many volunteers it takes to make all this happen.

"It is my prayer to teach our students to first of all share the Gospel with their community, and also demonstrate to them the necessity of meeting the physical needs of others," Hauser says. "We must remember that missions begin at home, in our Jerusalem, and that is our neighbors and family."

Sandra Miller, a member of Surry-Yadkin EMC, is a freelance writer and author of "When Mountains Move."

The next Impact Yadkin, held every other summer, is scheduled for June 10–17, 2017. Applications for project recipients are due Wed., February 15, and can be downloaded at magnifyministries.org.

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Feb. 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our March issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

January winner

The January Where is This photo taken by Karen House features the Futuro House located on Highway 12 in Dare County. This UFO house has been a favorite photo op for travelers to the Outer Banks for more than 40 years. The pre-fab plastic flying saucer was one of many across the country to land in the late 1960s to early 1970s. Lee and Mary Jane Russo placed this UFO just outside of Frisco in 1970, where it has been a hot dog and snow cone stand, an apartment and a magazine office. It now serves as a geocache site called "Greetings OBX Earthlings." Reader Pete Venuto commented: "I tell my grandkids there is a friendly Martian that lives there. One summer a person in a space suit was outside waving, so it helped my credibility with my grandkids to see a friendly Martian!" The winning entry chosen at random from all the correct submissions came from Jacob Martin of Fayetteville, a South River EMC member. For more info on the Futuro House: carolinacountry.com/where

CAROLINA COUNTRY scenes
Photo of the month

Crabtree Falls' Overspray

My wife and I have taken advantage of the hiking trails near our log home in Nebo to explore and capture North Carolina's outdoor wonders. On an early spring trip to Crabtree Falls, we were treated to a gorgeous combination of water and ice formations from the falls' overspray—truly a unique and stunning sight.

Gary Boram, Nebo, Rutherford EMC

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2017 photo contest ("Carolina Country Scenes," January 2017). See even more Photos of the Week on our website **carolinacountry.com**.

February Events

Outhouse Races
Feb. 18, Sapphire Valley

Mountains

Al Petteway & Amy White
Duo in concert
Feb. 4, West Jefferson
336-846-2787
ashecountyarts.org

Mutts Gone Nuts!!
Comedy dog thrill show
Feb. 11, Hendersonville
828-693-0731
flatrockplayhouse.org

Woodturning & Surface Design
Demonstrations
Feb. 17 & 18, Asheville
828-253-7651
grovewood.com

Outhouse Races
Parade, costumes
Feb. 18, Sapphire Valley
828-743-7663
skisapphirevalley.com

Wedding Expo
Feb. 18, Burnsville
828-682-7209
burnsvilletowncenter.com

Totally '80s Retro Ski Weekend
Feb. 23–26, Beech Mountain
800-468-5506
beechmtn.com

ONGOING

The Music of the Beatles
Feb. 16–26, Hendersonville
828-693-0731
flatrockplayhouse.org

Susan Lenz: In Stitches
Framed textiles, fiber vessels
Feb. 17–March 31, Asheville
828-253-7651
grovewood.com

Piedmont

Travis Tritt in Concert
Southern rock/country music
Feb. 2, Fayetteville
910-438-4100
crowncomplexnc.com

Aboriginal Music & Culture
Didgeridoo-percussion musical trio
Feb. 3, Fayetteville
910-630-7100
methodist.edu/mu-events

Popovich Comedy Pet Theater
Russian circus performer
Feb. 4, Fayetteville
910-438-4100
crowncomplexnc.com

Heart 2 Heart Celebration
40 vendors, raffle
Feb. 4, Lenoir
828-215-0859
bit.ly/2hwSI77

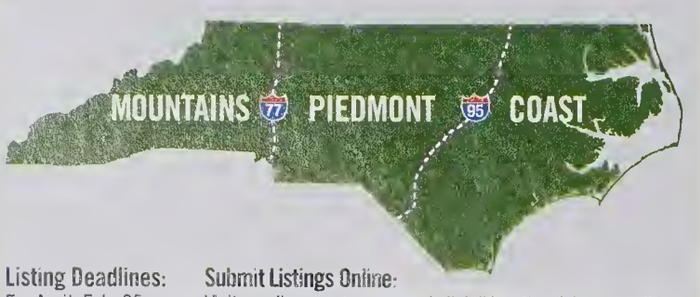
Book Talk
The Uncommon Bond of Julia & Rose
Feb. 11, Charlotte
704-568-1774
charlottemuseum.org

Hunting Heritage Banquet
Conservation fundraiser
Feb. 11, Stallings
704-624-2993
ritanrichard@windstream.net

Travis Tritt in Concert
Feb. 2, Fayetteville

Carolina Compass Policy

- We list events in the magazine as space allows and may edit as needed. We list more events on carolinacountry.com in the Carolina Adventures section.
- All submissions must be made on carolinacountry.com in Carolina Adventures/Submit an Event. Deadlines are posted there, too. ***(No email or U.S. Mail.)***
- Public venue events only. *(No business-hosted events.)*
- Limit 3 events per venue per month in the magazine. More posted online.
- For accuracy, ongoing events must be submitted monthly.
- Public contact required: website, email or phone number.



Listing Deadlines:
For April: Feb. 25
For May: March 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.

The Great American Trailer Park Musical
Feb. 16–Feb. 19, Fayetteville
910-630-7104
methodist.edu/mu-events

Fourth Friday
Featured artists, refreshments
Feb. 24, Fayetteville
910-323-1776
theartscouncil.com

Family Fun Day
Celebrating African American culture
Feb. 25, Charlotte
704-568-1774
charlottemuseum.org

ONGOING

Reflections: African-American Life
Feb. 3–March 4, Fayetteville
910-323-1776
theartscouncil.com

Impressionism to Modernism
Early photography masterworks
Feb. 9–Apr. 8, Fayetteville
910-425-5379
davidmccunegallery.org

Coast

Uptown First Friday Artwalk
Feb. 3, Greenville
252-561-8400
uptowngreenville.com

Library Book Sale
Videos, CDs
Feb. 3–5, Greenville
252-329-4885
uptowngreenville.com

Unnatural Resources Fair
Display of recycled goods
Feb. 3–5, Greenville
252-355-1039
unnaturalresources.org

Wine Tasting & Silent Auction
Fundraiser, live music
Feb. 4, Greenville
910-269-1780
visitgreenvillenc.com

Beleza
Musical performances
Feb. 4, Oriental
252-617-2125
pamlicomusic.org

There are more than 250 farmers markets in North Carolina, and some stay open year-round. For one near you, visit **ncfarmfresh.com/farmmarkets.asp**

KNOW BEFORE YOU GO

In case something changes after Carolina Country goes to press, check information from the contact listed.

African American Music Series
Feb. 10, Greenville
252-551-6947
pittcountyarts.org

Arsenic & Old Lace
Dark comedic play
Feb. 10 & 11, Mount Olive
919-658-7754
umo.edu/calendar

Tony Canty, Thomas Royal
UMO Concert Series
Feb. 16, Mount Olive
919-658-7754
umo.edu/calendar

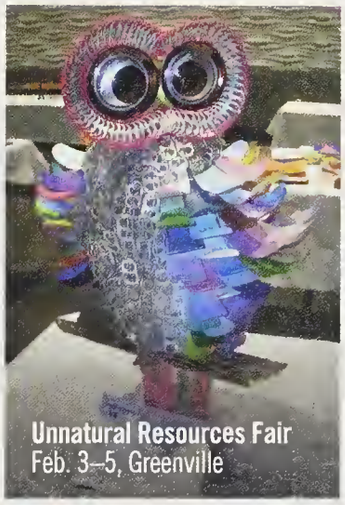
Carolina Bridal Expo
Feb. 19, Greenville
252-321-7671
easterncarolinabridalexpo.com

Kate McGarry & The Tough Get Growing Ensemble
Folk, Celtic, jazz influences
Feb. 25, Oriental
252-617-2125
pamlicomusic.org

ONGOING

Forgotten Landmarks
Professional, amateur images
Feb. 5–May 27, Oriental
252-249-1870
orientalhistorymuseum@gmail.com

A Time for Science Expo
Hands-on activities, vendors
Feb. 11–March 11, Greenville
252-531-7203
atimeforscience.org



Unnatural Resources Fair
Feb. 3–5, Greenville

Locals Know Best:

Send us your favorite lunch and breakfast spots!

For our April 2017 "Carolina Country Adventures" travel guide, we'll be highlighting the best dining spots across the state for road-weary travelers and locals alike. But locals know best, so we want to hear from you! Send us the name of your favorite spot and why you love it, along with your go-to menu item and the restaurant's contact information.

The Rules

Deadline: February 15

One entry per household

Limit comments about the restaurant to 100 words.

Photos are welcome. Digital photos should be a minimum of 1200 x 1800 pixels, prints a minimum of 4 x 6 inches.

Include your name, electric co-op, mailing address and email address or phone number with your entry.

If you want your entry returned, please include a self-addressed, stamped envelope.

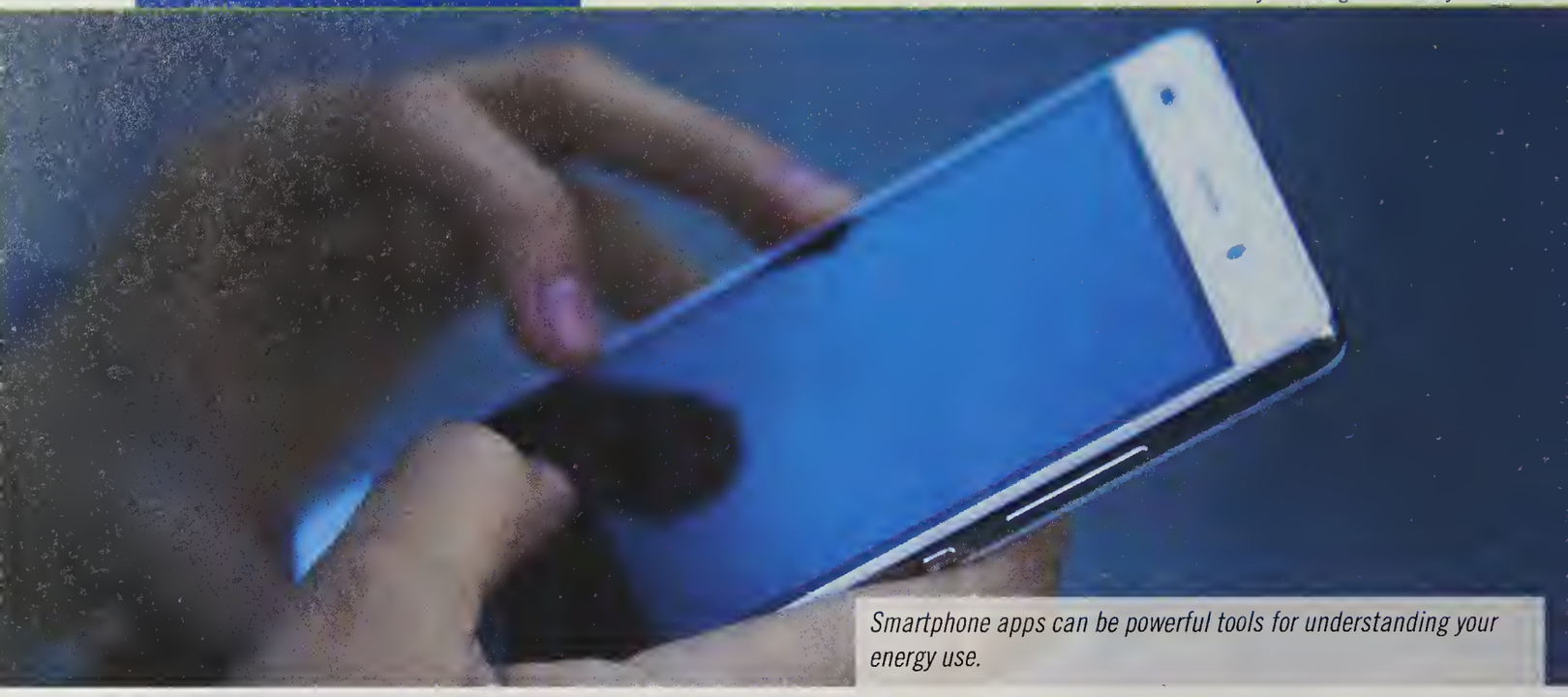
We pay $25 for each submission published. We retain reprint rights.

Send to

Online: carolinacountry.com/eatlocal
No emails, please.

Mail: Carolina Country—Eat Local
3400 Sumner Blvd., Raleigh, NC 27616

By Pat Keegan and Amy Wheeless



Smartphone apps can be powerful tools for understanding your energy use.

Smartphone Energy Apps

Can they really save you money?

There are several smartphone apps that can help you determine how energy is used in your home. Energy use apps can also provide information that helps you choose efficiency upgrades that make the most sense for your home. But the trick can be finding those that can really help make a difference. Here are a few types of smartphone apps you could consider downloading:

Your electric co-op's app

Many electric co-ops offer smartphone apps that allow you to view recent bills and set high use alerts. Many of these apps will also let you pay your bill through the app, read about any co-op efficiency programs or incentives, compare your energy use to similar homes and learn how the weather may have impacted your energy bill. Visit your co-op's website to find out if they offer a smartphone app (if not, you can also add their website to your phone's home screen for quick access).

Smart thermostat apps

There are a number of smart thermostats on the market from companies like Alarm.com, ecobee, Honeywell and Nest. Smart thermostats can optimize your home's heating and cooling based on your family's habits and the weather. If you have one of these smart thermostats, take advantage of the corresponding smartphone app that can give you detailed information about your home's heating and cooling use.

Energy disaggregation device apps

There are some devices and corresponding smartphone apps from companies such as Bidgely and PlotWatt that analyze electric signals to determine how much electricity appliances are using in your home. With these devices and apps, you can see the energy use of a particular appliance over time. An unexplained jump in energy use could pinpoint a problem.

Apps with energy savings tips

Some apps provide personalized energy tips based on your location, home characteristics and other information that you provide. One example is Touchstone Energy's "Together We Save" app, which provides energy savings tips for the home, as well as energy use calculators.

Additional apps that can help you track and understand your energy use are becoming available each day. Read reviews from other users to learn which apps have been most beneficial. Keep in mind that while these apps can give you an idea of how much energy you are using, which areas of your home are using the most energy and tips for reducing your use — it's up to you to evaluate the information the app provides.

With trend data from an energy app, you should be able to pinpoint large energy uses in your home. For example, if heating and cooling are significant draws on your energy bills, investing in weatherization measures or upgrading your system to a more efficient one could have a big impact on your bill.

A good practice is to sit down regularly to look at trends and changes to your energy bills. If your bill is increasing and you are not sure why, or you want more ideas for how to reduce your energy bills, your electric co-op is a great resource. Someone from your electric co-op will be able to analyze your bill and your energy use, talk about your home's characteristics and your family's habits, and provide tips for how to reduce your energy use.

This column was co-written by Pat Keegan and Amy Wheeless of Collaborative Efficiency. For more ideas on efficiency apps and how to save energy, please visit collaborativeefficiency.com/energytips.

HARBOR FREIGHT
QUALITY TOOLS AT RIDICULOUSLY LOW PRICES

SUPER COUPON

12,000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE

BADLAND ITEM 61256 61889 60813 shown

SAVE $453

$299.99

Customer Rating ★★★★½ ~~$379.99~~ comp at $752.99

12348436

LIMIT 3 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/23/17. Limit one coupon per customer per day.

SUPER COUPON

SOLAR ROPE LIGHT

one stop gardens ITEM 62533/68353 shown

Customer Rating ★★★★½

SAVE 66%

- 16 ft. lit, 22 ft. long

$9.99

~~$13.99~~ comp at $29.97

12381195

LIMIT 8 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/23/17. Limit one coupon per customer per day.

SUPER COUPON

RAPID PUMP® 4 TON HEAVY DUTY STEEL FLOOR JACK

PITTSBURGH AUTOMOTIVE ITEM 60706/62319 68056 shown

Customer Rating ★★★★★

SAVE $90

$109.99

~~$129.99~~ comp at $199.99 • Weighs 105 lbs.

12349645

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/23/17. Limit one coupon per customer per day.

SUPER COUPON

- 1000 lb. capacity

MOVER'S DOLLY

HaulMaster ITEM 60497/93888 shown 61899/62399/63095/63096 63098/63097

Customer Rating ★★★★★

$7.99 ~~$9.99~~ comp at $19.97

SAVE 59%

12376383

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WOW SUPER COUPON

4-1/2" ANGLE GRINDER

Customer Rating ★★★★

drillmaster ITEM 60625 shown 69645/95578

SAVE 50%

$9.99

~~$14.99~~ comp at $20.13

12391168

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SUPER COUPON

20% OFF

ANY SINGLE ITEM

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, saw mills, storage cabinets, chests or carts, trailers, trenchers, welders, Admiral, Bauer, CoverPro, Daytona, Earthquake, Hercules, Jupiter, Lynxx, Poulan, Predator, StormCat, Tailgator, Viking, Vulcan. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 5/23/17.

12402805

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SUPER COUPON

FREE

WITH ANY PURCHASE

PITTSBURGH 1" x 25 FT. TAPE MEASURE

$6.99 VALUE

ITEM 69031/69030 shown

LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores, HarborFreight.com or by calling 800-423-2567. Offer good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 5/23/17. Limit one FREE GIFT coupon per customer per day.

12347519

SUPER COUPON

SAVE $228

6.5 HP (212 CC) OHV HORIZONTAL SHAFT GAS ENGINES

ITEM 60363/69730

ITEM 68121/69727 shown CALIFORNIA ONLY

Customer Rating ★★★★★

PREDATOR ENGINES

$99.99 ~~$119.99~~ comp at $328

12383975

LIMIT 3 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/23/17. Limit one coupon per customer per day.

WOW SUPER COUPON

3 GALLON, 100 PSI OILLESS AIR COMPRESSORS

A. HOT DOG ITEM 69269/97080 shown

B. PANCAKE ITEM 95275 shown 60637/61615

CENTRAL PNEUMATIC

SAVE 59%

Customer Rating ★★★½

YOUR CHOICE $39.99

~~$59.99~~ comp at $98.62

12359740

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WOW SUPER COUPON

US★GENERAL PRO

26", 16 DRAWER ROLLER CABINET

ITEM 61609/67831 shown

Customer Rating ★★★★★

- 1060 lb. capacity
- 14,600 cu. in. of storage

SAVE $653

$299.99

~~$369.99~~ comp at $952.99

12418858

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/23/17. Limit one coupon per customer per day.

SUPER COUPON

SAVE $220

20 TON SHOP PRESS

- Pair of Arbor Plates Included

CENTRAL MACHINERY

Customer Rating ★★★★½

ITEM 32879 60603 shown

$149.99 ~~$199.99~~ comp at $369.99

12329937

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SUPER COUPON

- Lift range: 5-1/4" to 17"

1500 LB. CAPACITY MOTORCYCLE LIFT

PITTSBURGH MOTORCYCLE ITEM 61632 60536 shown

SAVE $65

Customer Rating ★★★★

$69.99 ~~$89.99~~ comp at $135

12396960

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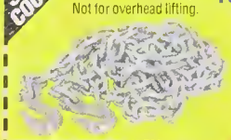
SUPER COUPON

- 5400 lb. capacity

Not for overhead lifting.

3/8" x 14 FT. GRADE 43 TOWING CHAIN

HaulMaster



SAVE 67%

$19.99

Customer Rating ★★★★★ ITEM 60658 97711 shown ~~$59.99~~ comp at $60.95

12352799

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WOW SUPER COUPON

12 VOLT MAGNETIC TOWING LIGHT KIT

Customer Rating ★★★★

HaulMaster ITEM 63100

SAVE 71%

$9.99

~~$19.99~~ comp at $34.95

12365778

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SUPER COUPON

CENTECH.

AUTOMATIC BATTERY FLOAT CHARGER

ITEM 42292 shown 69594/69955

SAVE 85%

$4.99

Customer Rating ★★★★½ ~~$8.99~~ comp at $34.99

12343641

LIMIT 9 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/23/17. Limit one coupon per customer per day.

SUPER COUPON

RETRACTABLE AIR HOSE REEL WITH 3/8" x 50 FT. HOSE

Customer Rating ★★★★

ITEM 93897 shown 69265/62344

SAVE $129

CENTRAL PNEUMATIC

$59.99

~~$79.99~~ comp at $189

12376568

LIMIT 5 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/23/17. Limit one coupon per customer per day.

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By Hannah McKenzie

Being Wise About Well Water

Q: I use a well for drinking water at my home, but the smell and taste of the water have changed in recent years. I'm unsure about having the water tested, so I've been cooking and cleaning with it but not drinking it. Instead, I have been purchasing drinking water from the grocery store. Should I continue purchasing drinking water or are there better options?

A: Safe water is often taken for granted, but when our confidence waivers, fears about unsafe drinking water become the center of attention. If there are contaminants in the well water, washing (whether food, dishes, bodies or teeth) and cooking may still allow potentially harmful contaminants into our bodies.

Thankfully, most private drinking wells in North Carolina provide clean, safe water, but being knowledgeable about their safety is a wise investment for our family's long-term health.

Imagining the possible high cost and stress related to testing and filtering well water can be almost paralyzing. However, relying on drinking water from the grocery store can cost as much as $180 per person per year.

All private drinking wells are tested when they are installed, but routine testing is important because changes in the surrounding environment—even many miles away—can alter what is in the groundwater. Groundwater contaminants can come from natural sources and processes, such as eroding mineral deposits and groundwater flow changes, as well as human and animal sources, including construction and agricultural activity. While some contaminants can be noticed because they change the taste, smell, or appearance of the water, others may only be detectable through laboratory testing.

Having your well tested is relatively straightforward:

1. Contact your county health department to schedule and pay for the inspection. The cost is slightly different in each county and will vary based on the type of testing you request. For example, well water testing from the Cabarrus County Health Department costs between $55 and $125, which is less than purchasing a year's worth of grocery store drinking water. If the cost exceeds your household budget, ask if financial assistance is available.
2. An inspector will visit your home to collect a water sample, or you will be asked to provide one.
3. The results will be delivered by mail and include information about what is in your well water and whether additional treatment or filtration is required. Often, pamphlets with additional information are provided and inspectors are available to consult by phone.
4. If additional water treatment is required, a second well water test will confirm that the treatment is working properly. Next month, we'll explore the variety of treatment techniques and costs.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

For more information about well water safety, visit:

- N.C. Division of Public Health, Department of Health and Human Services: bit.ly/NCDPH-WellWater or call 919-707-5900.
- National Ground Water Association: ngwa.org

SCHEDULE FOR PRIVATE WELL WATER TESTING

Recommended by the North Carolina Department of Health and Human Services

Every Year	Test for total and fecal coliform bacteria.
Every Two Years	Test for heavy metals, nitrates, nitrites, lead, copper and volatile organic compounds (VOCs).
Every Five Years	Test for pesticides. If you know of a particular pesticide that is applied in your area, test yearly.

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Drug Companies Fear Release of the New AloeCure

Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.

by David Waxman
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®, Nexium®, and Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.

The secret to AloeCure's "health adjusting" formula is scientifically tested Acemannan, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know Acemannan has many of other health benefits?...

HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called Acemannan. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The acemannan used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

Doctors call it "The greatest health discovery in decades!"

SLEEP LIKE A BABY

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body – even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-334-5467** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

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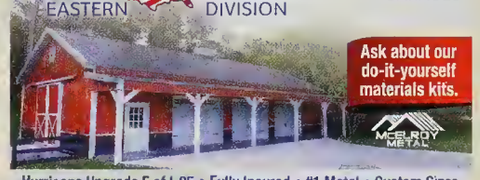

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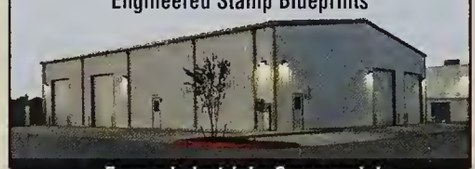

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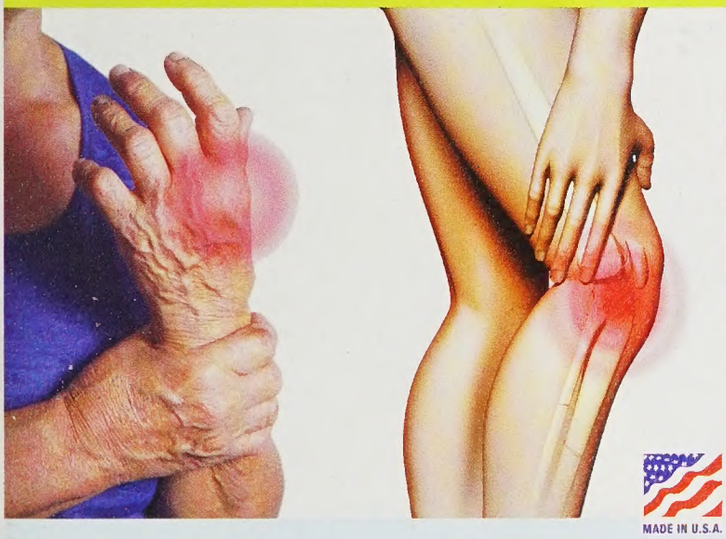

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Creamy Roasted Garlic & Spinach Orzo

- 1 whole garlic bulb
- 1 teaspoon plus 1 tablespoon olive oil, divided
- 1¾ cups uncooked whole wheat orzo pasta
- 2½ cups chicken stock
- 3 ounces reduced-fat cream cheese, cubed
- 1 package (8 ounces) fresh spinach, trimmed and chopped
- ¼ cup shredded Asiago cheese
- ¼ cup fat-free milk
- 1 teaspoon salt-free garlic pepper seasoning blend
- ¼ teaspoon salt
- 2 tablespoons minced fresh parsley

Preheat oven to 425 degrees.

Remove papery outer skin from garlic bulb, but do not peel or separate the cloves. Cut off the top of garlic bulb, exposing individual cloves. Drizzle cut cloves with 1 teaspoon oil. Wrap in foil. Bake 30–35 minutes or until the cloves are soft. Unwrap. When cool, squeeze garlic from skins.

In a Dutch oven, heat remaining oil over medium-high heat. Add pasta; cook and stir over medium-high heat 2–3 minutes or until lightly browned. Add stock; bring to a boil. Reduce heat; simmer, covered, 10–12 minutes or until the pasta is tender and liquid is absorbed.

Stir in cream cheese until melted. Add spinach, Asiago cheese, milk, seasoning blend, salt and roasted garlic; cook and stir until spinach is wilted. Sprinkle with parsley.

Yield: 6 servings

Triple-Layer Cookie Bars

- 1¼ cups all-purpose flour
- ⅔ cup sugar
- ⅓ cup baking cocoa
- ¼ cup packed brown sugar
- 1 teaspoon salt
- ½ cup cold butter
- 2 eggs

Toppings

- 1 package (7 ounces) flaked coconut
- 1 can (14 ounces) sweetened condensed milk
- 2 cups (12 ounces) semi-sweet chocolate chips
- ½ cup creamy peanut butter

Preheat oven to 350 degrees.

In a large bowl, combine the first six ingredients. Cut in butter until crumbly. Beat in eggs. Spread in a greased 9-by-13-inch baking pan.

Bake for 8 minutes. Sprinkle coconut over crust; drizzle with milk. Bake 20–25 minutes or longer or until lightly browned.

Meanwhile in a microwave, melt chocolate chips and peanut butter; stir until smooth. Spread over brownies. Cool on wire rack. Cut into bars.

Yield: 2–3 dozen

Shrimp Tortellini Pasta Toss

- 1 package (9 ounces) refrigerated cheese tortellini
- 1 cup frozen peas
- 3 tablespoons olive oil, divided
- 1 pound uncooked shrimp (31–40 per pound), peeled and deveined
- 2 garlic cloves, minced
- ¼ teaspoon salt
- ¼ teaspoon dried thyme
- ¼ teaspoon pepper

Cook tortellini according to the package directions, adding peas during the last 5 minutes of cooking.

Meanwhile, in a large nonstick skillet, heat 2 tablespoons oil over medium high heat. Add shrimp; cook and stir 2 minutes. Add garlic; cook 1–2 minutes longer or until shrimp turn pink.

Drain tortellini mixture; add to skillet. Stir in salt, thyme, pepper and remaining oil; toss to coat.

Yield: 4 servings

Recipes here are by Taste of Home magazine,unless otherwise indicated. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at tasteofhome.com.

From Your Kitchen

Ritz Cracker Pie

- 3 egg whites
- ½ cup sugar
- 20 Ritz Crackers, crushed
- 1 cup pecans, finely chopped
- ½ pint heavy whipping cream
- ½ cup sugar
- 1 teaspoon vanilla

Preheat oven to 275 degrees. Generously butter your pie plate.

Beat egg whites until stiff; add sugar and beat until mixed well. Add pecans and Ritz crackers and stir until well mixed. Spoon mixture into pie pan and cook for 50 minutes.

Take pie out of oven and cool completely. In a chilled mixing bowl beat whipping cream until stiff peaks form. Add sugar and vanilla; mixing well. Spoon over cooled pie and place in refrigerator overnight.

Recipe courtesy of Eva Wheeler of Louisburg

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